

# Norfolk WI News

June 2020



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# WI News from Norfolk

## Notes from our Chairman



### Contact:

#### Editor:

Sue Ovenden  
Jane France, Assistant Editor

#### Email:

magazine@norfolkwi.org.uk

#### Federation Secretary:

Louise Casson

#### Office opening hours:

Evelyn Suffield House is currently closed during the lockdown

#### Federation Office:

Evelyn Suffield House,  
45 All Saints' Green,  
Norwich NR1 3LY

#### Tel:

(01603) 617431

The telephone is currently unattended, so please do not leave a message

#### Email:

fedsec@norfolkwi.org.uk

#### CHARITY NO.

227411

#### Web:

www.norfolkwi.org.uk

**The Opinions expressed in WI News are not necessarily those of the Federation and we reserve the right to amend or omit submitted articles.**

*Published by Today Magazines Ltd on behalf of Norfolk Federation of Women's Institutes.*

Advertising: Today Magazines Ltd. Tel: (01728) 622030 Fax: (01728) 622031.  
Typeset by Today Type & Design Ltd, Signal House, Station Road, Framlingham, Suffolk IP13 9EE. Tel (01728 720789)

Printed by Archant Print Ltd

EDP WI Week Saturday 11 April 2020

Not the Federation Annual Meeting

What a difference a year makes! We have had to make decisions, on behalf of the Federation, that were about the biggest thing I've ever had to do! This last week was the week that the Norfolk Federation of WIs didn't have its Annual Meeting. Hopefully, and with fingers firmly crossed, it is only postponed ... till later in the year.

This time last year we were patting ourselves on the back for successfully holding the Meeting of the Century. We were visited by our National Chairman, Lynne Stubbings and entertained by the wonderful Pam Ayres. The Theatre Royal was packed with well over 1,000 members and guests, and the buzz was crackling. In sharp contrast, this year, the finishing touches were being put into place when, suddenly, we were faced with the reality of the Coronavirus pandemic and it was all change – the meeting was cancelled.

Our office staff are now either furloughed or working from home; an unprecedented and challenging time for them. The Federation Office is usually a hive of activity with members popping in and out throughout the day for meetings, seeking information or even just dropping in for coffee and a chat. Now there are no meetings at all, either at WI level or Federation level. But, that doesn't mean we've lost touch. There have been virtual meetings using what technology is available, emails between WIs sending ideas for keeping busy and phone calls to vulnerable members to see what we can do to help.

I know many members have been gardening, cooking or even cleaning. Not me! The cupboards can wait, as can the garden. Instead, I start the day with an exercise class, watch some crafty demonstrations on YouTube, take 'Him indoors' and the dog out for a walk and then spend what's left of the day on the phone to family and friends doing what I do best – talking! The change of pace after our mad Centenary Year is rather refreshing. A time to reflect, and to remember that the WI is there for us when we need it and how lucky we are to have the support of it right now.

## From Coral Batchelor: 2nd Vice-Chairman

I was delighted, back in February, to have been nominated for the role of Vice-Chairman of the Federation. The voting takes place after the March Board of Trustees Meeting and, as the day got nearer, I realised how much this was going to mean to me and I felt quite nervous. However, on the day I was thrilled to be voted on as 2nd Vice-Chairman, alongside Carol Makins. My journey began in the early 80s when I joined the WI in Buckinghamshire. Within two years I was voted on to my WIs committee and then became Treasurer ... my only qualifications were having a husband who was a bank manager! In 1986 we moved to Sheringham and I settled into our new home and needed to make some friends. I phoned the Federation Office to get information about local WIs. West Runton, where I live, was an afternoon WI and so was Cromer. Sheringham was an evening WI and, as I was still working, I took that option. The first meeting I went to was the Annual Meeting in November - always a good choice as you get to hear all they have done that year. Having already been on a committee, I knew it was the quickest way to make friends, so the following year I volunteered and a couple of years later took the job of Treasurer.

In 2009 I was approached to see if I would like to train as an Adviser, something I had never thought about, but once the suggestion was put to me the answer was 'Yes'. A year later I was a fully-fledged Adviser. This opened up a whole new life at Federation level and I joined a wonderful team. It was about three years later when I felt I could give more time and energy to the Federation and when the nominations went out for the Board of Trustees, I put my name forward. Joy of joy I was voted on and as the Events Coordinator I have got to know so many of you, as well as when visiting WIs as an Adviser. I'm so looking forward to starting the next challenge as Vice-Chairman when life gets back to normal and we can all meet again. Till then, keep safe and keep smiling.

Coral



## Chairman's Welcome

On behalf of the whole Norfolk Federation of WIs I welcome Coral to her new position as Vice-Chairman. She brings with her such a wealth of WI experience and her dedication to any task she takes on is a guarantee that she will rise to this challenge. We are a great team, your Board of Trustees and although we work hard on behalf of our members, the rewards are great too. It is such a shame that we haven't been able to introduce our new Board to you at FAM this year but my sincere hope is that we shall be able to meet again before too long and we look forward to the day when we can have a real face-to-face chat with our WI friends again.

Margaret

## Notes from the Office

This should be probably now be called "Notes from the Dining Room Table"! I've become very accustomed to a short commute these days, which probably won't help when we get back into the office proper – whenever that might be! As we go to press, we have taken the decision that the House won't be open for a little while longer, and Vanessa and Helen will continue to be furloughed.

It feels very strange not talking to members and just communicating by email, particularly when we all love a good chat – so it's been great to have email chats! Let's hope, though, that e-chats aren't the "new-normal". This new age of technology is proving a boon in keeping conversations going and information flowing, but I'm also very aware that some members without email and the internet can feel cut-off.

Our publishers have been able to produce this month's magazine, albeit it an internet only version. If you have members who don't have access to the internet and would like hard copies, do drop me an email, because I'm thinking that I could perhaps briefly pop into the House to print some off and post them. Several members have very kindly said how much they enjoyed the inhouse May edition, so on behalf of Sue, Jane and myself – thank you for your compliments! I've also been asked if it's possible to continue the format; it took a very long time to format and whilst it's very flattering, in a "normal" working day we simply don't have the resources in the Office to spend the time. Some members have also asked if the magazine could now just be an e-magazine, but this would preclude members who don't have internet access, which wouldn't be right.

Just before the lockdown and the current new-normal we were discussing with the publishers a way forward to provide both an e-version and a physical magazine. Obviously, that discussion has been put on hold for the time being – but watch this space later in the year for exciting news about the possible options available for 2021!

I hope you are all still keeping safe, well and smiling – and no doubt madly planting immaculate gardens with new stock, now that the garden centres are open!

Louise

## Obituaries

**Sutton WI** are sad to announce the death of its oldest member, **Daphne Duck**, aged 92. She had been a member of the WI for many years, having been the president at Stalham before it closed. We will miss her.

Ursula Bullen, a founder member of **Evelyn Suffield WI** died on 7 April. Evelyn Suffield WI opened in October 1984 and sadly closed in 2000, and Ursula served as Treasurer and President from November 1986 - October 1989.

**Wells-next-the-Sea WI** are very sorry to have to announce the death of **Margaret Scott**. Margaret was Wells born and bred and returned to retire here with her husband. She followed her mother as a member of Wells WI Committee and then became President. She was the sort of person who was calm and efficient yet made everyone feel valued and warmly welcomed. Margaret will be remembered for her unfailing kindness and delicious scones! She is much missed by everyone who knew her.

## 500 Club - April Draw

1st	302	Beryl Brown Ditchingham
2nd	79	Patricia Loades Langley with Hardley
3rd	1	Ann Cox Woodside

As soon as we are back in the Office, we will be able to send them their winnings!



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# Around the County

**Attleborough WI** Craft Group had a lot of fun creating beautiful Easter wreaths at their last meeting. Well done, ladies!



## Western Area Fund Raising Committee

We are very sorry to advise that plans for our Light Lunch and Flower Arrangement display Thursday 2 July at Snettisham have had to be cancelled. We hope to hold the event at a later date and will advise as soon as this is possible.

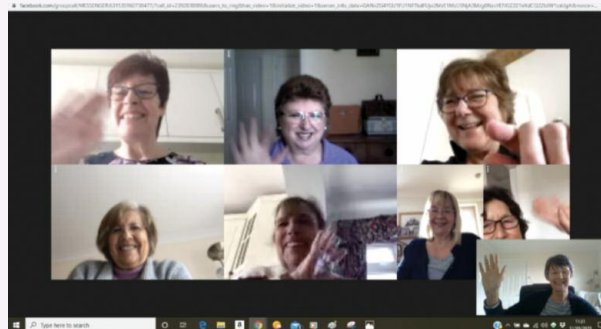
Muriel Harmer of **Mileham WI** sent the following:

I have been busy sewing projects whilst being grounded - six heart pads for the BigC and four syringe bags for the hospital. As they say every little helps.



## Attleborough WI

Attleborough WI are keeping in touch with each other during lockdown and keeping spirits up. It became obvious that a telephone tree was not needed as it was already happening informally - with special interest in those self isolating or vulnerable. Are they thinking "Not the phone, AGAIN"



A WI group on Facebook Messenger has been set up and members are sharing amusing videos, gifs and jokes plus photographs of gardens etc. We meet every Tuesday for a virtual coffee morning using Messenger video chat. The draw back is this only allows eight at a time so members do in and out.

A monthly newsletter has been started in place of the monthly meeting - before Covid19 (BC) it was quarterly. It is increasing in size as members are contributing items including jokes and pictures. It is distributed to those with email and those without. The WI comes into its own and the members are really pulling together - even when they can't be together.

**Genevieve Wicks, President, Attleborough WI**

Carole King, **Mundesley WI** says:

Here is a photo of my recent efforts - a handbag for a little girl, two hats and a matching scarf in progress. The hats I completed before all this trouble. It's keeping me out of mischief!



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# Rose Bowl Competition and WI Adviser Accolades

Our Federation Annual Meeting is an enjoyable event in our WI calendar and the Advisers looked forward to presenting the Rose Bowl and Accolades.

Disappointingly, but necessary, this year's meeting was cancelled, nevertheless, all four winning WIs will receive their certificates at FAM in 2021.

We always enjoy reading your rose bowl entries and this year's theme, A Memorable Meeting, was no exception. Understandably, what makes a memorable meeting differs from person to person giving us very varied selection to choose from. Thank you for participating, we do appreciate it.

We are pleased to announce the winner of the Rose Bowl Competition as: **Old Catton Evening, article written by Doreen Reeve, well done!**

The WI Adviser Accolades are awarded to WIs for a variety of reasons:

Increasing membership, an enthusiastic committee who encourage members to participate in events and outings, a friendly and inclusive WI, caring for each other and welcoming new members. Willing to listen to suggestions and try new ways of doing things. WIs continuing to meet through difficult times.

We are pleased to announce the winners of the WI Adviser Accolades:

**Small WI** – Anmer.  
**Medium WI** – North Wootton.  
**Large WI** – Weybourne.

Well done to you all

Please invite the Advisers to visit you, next year it could be your WI receiving an Accolade.

During these weeks of Lockdown and social distancing, we know that WIs have continued to be in contact with one another in a variety of ways. For the first time in our 105 year WI history, WIs have had to close and for this reason it will be interesting, and important for future historians to have a record of all that WIs did during these strange and for some difficult, times.

Secretaries may already have had contact from their Adviser requesting information. We would really appreciate hearing from you all.

Thank you and look after yourselves until we meet again.

**Kim Reynolds**  
Chairman Membership Adviser



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# Jigsaws around the County

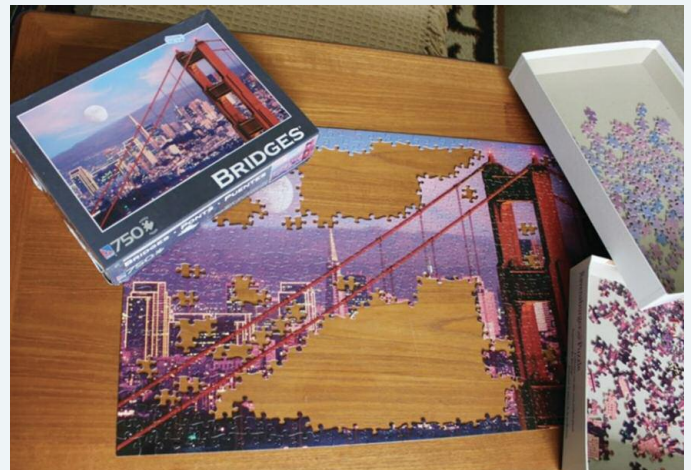
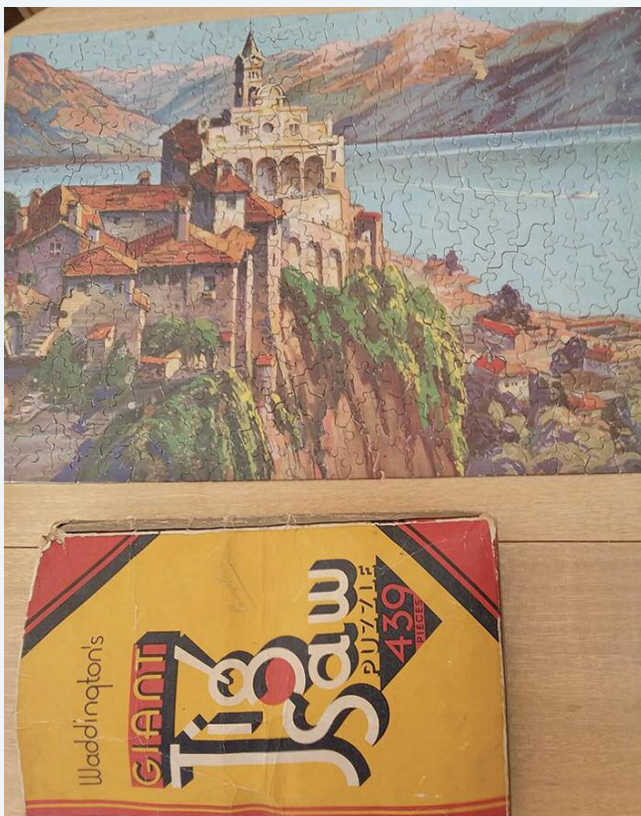
Sue Ovenden, **Scarning WI:**

I don't think Tibbles understands the logistics of doing a rather large difficult Jigsaw!



Pamela Parfitt, **Thorpe End WI:**

During the pandemic lock down I've searched through my cupboards and found puzzles which come from my childhood home. I think they were my mother's when she was a child and she was born in 1906. I don't know how old this one is but it is most unusual as no piece of puzzle is the same as you can see from the photo. It was a challenge as nothing really locks together just slide into place. I have another puzzle which is dated 1933 and those pieces are interlocking. Would be interesting if anyone knows how old this puzzle is? The price was just 1/- shilling!



Anne Nelson, **Norfolk Digital Champion** says:

I love doing jigsaws. It has been one of my hobbies since I was at school. I'll try all sorts: traditional, cartoon, anything from a Lowry painting to a picture of doughnuts (which was harder than it looked). The current one is of the Golden Gate Bridge. Not quite as good as being there but it brings back memories of a lovely holiday.

In our WI we have a small group of jigsaw addicts. We swap jigsaws round before donating them to charity. I wonder how big my pile of completed jigsaws will be by the time I can start donating them again.

Early in the month  
**Horsford WI** with their  
jigsaw race winners.



**Horsford WI.**

Congratulations  
Horsford ladies on  
winning the last  
jigsaw race.  
Although I have to  
say luck was on our  
side with our jigsaw  
selection! Thanks

Pam for helping out after one member couldn't make it.





# More Around the County

## Thurton, Ashby & District WI

WI had an online competition for our April Meeting. Originally our competition asked for items beginning with 'F' as our speaker was to talk about Forensic Science (appropriate given the circumstances). It was suggested that we send in photographs of items beginning with F and I received 13 photographs. They were not judged but I have promised to print them out so that members who do not have computers can see them.

Next month someone is to provide a quiz so we will all have to use our brains and not just stagnate.

I thought you would like to see one of the photographs which is of a Member's husband modelling her fascinator.



Flip Flops



Fan



Freshener



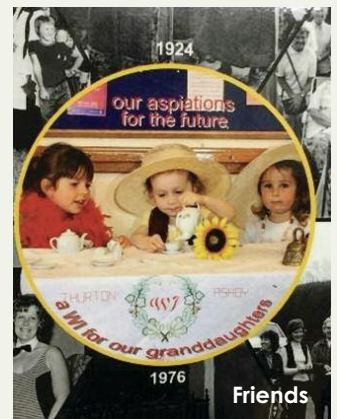
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Fish




Fascinator



Friends

Stanhoe and Barwick WI sharing a '50s recipe:

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Pamela Underwood, Secretary Wells next the Sea WI says:

Wells WI committee are keeping touch with members in several ways. Members were all sent a letter either by email, where possible, or by post. A similar one will be sent during the first week of May. We give birthday posies to members whose birthday falls within the month of a meeting. As this was not possible they were all sent a birthday card by post from the committee. Each committee members has three or four members to contact by phone on a regular basis. The members are rotated so that, each three weeks, each committee members has a different group to contact. In some ways keeping contact is easy for us as most members live within Wells – a small, caring community - and many members have known each other for years and are also connected via their membership of other groups in Wells.







Eleanor Alison, **Cantley and District WI** shares:

"an oil sketch I did from my studio, looking across the garden, (I ignored the house behind the shrubs!) I hope you like it!"



Following a request from Federation Office for members to knit trauma teddies for the emergency services photo shows members of **Saham WI** (before lock-down) with teddies knitted by themselves plus contributions from family and friends. The aim was to produce 50 teddies to mark our 50th birthday but we almost doubled this total in the end. Photo also shows the commemorative tea cloth that was commissioned to mark our 50th year. This shows landmarks around Saham Toney and Saham Hills drawn by our member Yvonne Harrold - a very talented lady.

Sarah Scott, **Cantley and District WI** says:

"Hello! I've been doing lots of gardening over the last few weeks mostly accompanied by my little Robin friend. I often just stop and watch him as I am in no rush!"



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# More Around the County



Ann Russell: Neatishead, **Barton Turf and District WI** says:

A photo of our weeping crab apple tree in flower to cheer every one up.

Before Lockdown at their March meeting, **Hockwold Cum Wilton WI** and their decoupage candles



Linda Jones of **Scarning WI** writes:

Thought I would keep busy helping out to make masks and laundry bags for key workers. Have had help from a friend to send a box of 75 masks and 50 bags to a group in Spalding. The picture is of 66 bags sent to Dorrington House. 25 have been sent to East Bilney Care Home and 20 to Samford House in Dereham and 15 to Dereham Hospital. 20 face masks have been requested by the food bank in Dereham. So that's next on the list to make.



Wendy Nash, **Old Catton WI** writes:

Life during Lockdown - what a change has taken place over the last six or so weeks. On the first Thursday after lockdown, our nephew asked if we would like to join a video link up for a game of bingo, we agreed, the link up went ahead and there was more chat than Bingo! Second week, Thursday we all linked up for a successful quiz. Another session was a race night and last Thursday was an exercise quiz. Last week we added another idea to our hook ups, it was a 'come dine with me' evening, where we 'shared our meal', with the other households, we had a free range on what we did, marks were scored on Difficulty, Appearance, Food Envy, and Comedy. There were so many variations, ranging from Pot Noodles, to a take away Feast, a his and hers meal, a delicious looking roast chicken served with home grown vegetables from the allotment, soup from an eggcup through a bread straw, Fajitas, Pasta bake. Desserts ranged from Lightly microwaved puddings, banana bread with squirty cream, lemon meringue pie and Magnums. Our menu was Rainbow Melon, Lock Down Salmon, and N newly Harvested Strawberries, we shared this with our lodgers, Mickey Mouse and Winnie the Pooh, as you will see from the photos, the difficult part of our meal was getting the delivery slot from the supermarket. This was considered a success by the group, so it has been decided that we will have a 'Come Dancing' evening next week, I do not know how we will cope with that, I am sure that we will be out of step right from the start - as Len has pointed out it is not the winning it is the taking part - certainly will be with the dancing.



Hazel Patrickson, **Roughton and District WI** says:

"I make cards using buttons. All I would say is: to watch the depth of the button if you're going to be putting them in the post!"





# Centenary Pennants

Over the next year we will be featuring all the pennants made for our Centenary Year. If you haven't yet sent in the details, please let us have them as soon as possible so we can include the descriptive words with each pennant



**Bowthorpe WI**

Made by two members of the craft group. The design was based on the WI's activities (Groups)

Medium used was collage, embroidery and buttons and it took three hours to complete.



**Marshall WI**

A solo effort by Moira Stansfield. The design was based on the Bird from the Village Sign.

Medium used was cross stitch and applique and took several hours to complete.



**East Thorpe WI**

This was a joint effort by Jenny Duvall and Heather Kirby. The design was based on the local church, the river, the wherry and the harnser. The cross depicts St Andrew.

Medium used was mainly embroidery.



**Wroxham WI**

A solo effort by Patricia Dickson. The design was based on Tricia's photo's, and the shape and size of bunting. Adobe Photoshop and Pagemaker (desktop publishing) to develop it.

Medium used was using Photofabric with Epson Printer. Applique to bunting template. Machine and hand stitched. It took about 18 hours to complete.



**Holt WI**

A group effort. Glenn Scott and Gillian Pilgrim designed and created the pennant. The design was based on an owl, which is the symbol of Holt, and chosen as Josephine Plant had already created this wonderful lace owl.

Medium used was fabric, lace and thread. The owl took hours to make and putting it together took three hours spread over two sessions



**Rackheath WI**

This was an effort by Pat Brent and Annette Holmes. The design was chosen to represent how friendly and welcoming Rackheath WI is, plus commemorating the 100 years of Norfolk Federation.

Medium used was printing onto fabric, ribbon and sequins. It took two weeks to complete.



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so we can include the descriptive words with each pennant



## Salhouse Evening WI

A joint effort by Angela Simpson and Judith Beale. The design is simple but effective.

Medium used was embroidery threads and took a week to complete.



## Sutton WI

The work was done by the craft club. The design was a collaborative effort based on our tablecloth design.

Medium used was felt, applique and embroidery and took two craft club sessions. (Four hours)



## Elsing and District WI

A solo effort by Sharon Lake. The design was based on the village sign.

Medium used was photo transfer and applique and took around eight hours to complete, plus thinking time!



## Filby and District WI

A solo effort by Jan Howard. The design was based on flowers as Filby is known for its floral displays and has won many awards.

Medium used was beads, buttons and embroidery silks and took two hours to complete.



## Ingoldsthorpe Village WI

A solo effort by Mrs Dorothy Walters. The design was approved by the committee and is based on the pond, which is the largest noticeable in the area. The village has several sloe and blackberry collecting areas.

Medium used was embroidery. Paint overlaid with netting (water) and seed beads for sloes and berries. It took about two weeks to complete.



## Walpole Cross Keys WI

A solo effort by Kathy Knight. The design involved fitting a rather long title on first then finished with a border and other bits in remaining space.

Medium used was cotton fabric for lettering and embroidery for the border. It took two days on and off.



# Diary of a new committee member

## (or further adventures of the BOGOFF girls)

### MARCH...

Our next committee meeting was on the 3rd so we were pleased that we would have some information to relate to the rest of the 'girls' on the committee we did at least have some names on all of our boards. The only problem was there didn't seem to be enough so the decision was that we would put the boards out again at the next meeting and also explain to members that we needed more names to fill the coach. We also agreed at committee that we would commit to a date at least. So on the 7 March Lynn and I met for a coffee and cheese scone (as I write this, oh how wonderful) to discuss the best date to choose. Lynn said she would contact the coach company and get us pencilled in. Great this was all going so well.

Our next meeting on the 10 March was great, we had a

lot of members present and more names went down, we would definitely be going somewhere this summer and we had a choice of two locations which had the most names.

At this point things nationally were getting more serious as you are all aware and we were no longer thinking of coaches and venues it was hand sanitiser and toilet paper, who would have thought it?

24 March and we are all on lock down. WI is amongst other things a social gathering of women how were we going to cope with this new challenge? Gathering we couldn't do any.

**Fran Swan and Lynn Aldridge**  
**Spixworth WI**

## Lady Denman Cup Competition

The Lady Denman Cup Competition is a long running, prestigious competition, attracting a high level of interest from members year after year.

The current lockdown situation maybe challenging for many, but it's the perfect opportunity to encourage members to develop or learn new skills and take part in activities which wouldn't have perhaps normally captured their interest, or been able to give the time to.

For this reason, a creative writing competition could be the perfect way for people to 'escape' and let their imaginations run wild and I am pleased to confirm that the Lady Denman Cup competition will continue this year. However, a decision has been made to extend the competition timescale; following discussions with a number of Federations, we are aware that some Federations have had to furlough staff, which would mean administering the competition would either be very difficult or impossible.

By extending the timeframe, the competition not only becomes open and fair to all who wish to take part, but it also helps reduce the pressure off everyone involved.

#### To clarify...

**To allow a fair and standardised competition timescale across all WIs and federations, the NFWI has set a closing date of Friday 18 September 2020 for members to submit their entry to their federation office. After this**



**date, federations have until Friday 16 October 2020 to select up to three entries to go forward for national judging. Results will be announced by mid-December 2020.**

A revised schedule, individual entry form and federation entry form will be available to download from My WI shortly.

**Helen Neal**  
**Administrative Secretary, Activities Team**  
**NFWI Unit, Denman, Marcham, Abingdon,**  
**Oxon, OX13 6NW**



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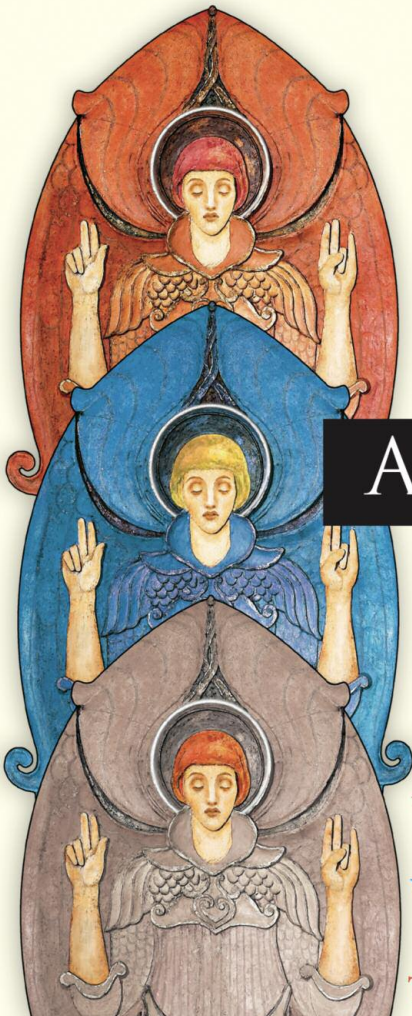
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# Advice from **Clapham & Collinge Solicitors**



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## **The Hidden Danger of Self-Isolation – COVID-19 and Domestic Abuse**

For the vast majority of us, the Government's instructions to remain at home will ensure our safety from COVID-19. We are not stuck at home, we are safe at home. But for the 1.3 million women, 685,000 men and as many as 1 in 5 children in the UK who are victims of domestic abuse, home holds no sanctuary.

Many victims will now be locked at home with their abuser, and away from those who could help them. Isolation, which has long been a tool of an abuser, is now imposed and required. This will potentially escalate the risk of violence and abuse. There is a greater opportunity for financial abuse – restricting access to food, money or medical help. Threats may be made that the victim may be thrown out of the house if they present with symptoms.

Countries around the world have already seen an increase in reports whilst their populations are on lockdown to help prevent the spread of the virus. In Hubei province in China, where the outbreak originated, reports to the police more than tripled in February, from 47 in the same month last year, to 162 this year.

Already we have seen tragic consequences here in the UK. On Sunday 29 th March 2020, the bodies of Kelly Fitzgibbon and her two daughters, Ava aged 4 and Lexi aged 2, were found. Robert Needham is believed to have shot his family, before turning the gun on himself. On the same day, Victoria Woodhall, an NHS nurse and mother of three, was stabbed outside her home. Her husband, Craig Woodhall, has been arrested on suspicion of her murder.

There are increasing worries of the risk of such abuse going undetected before it reaches such critical levels in the current climate. There may be little or no opportunity for a victim to seek help, less chance for a teacher to see a worrying sign, fewer opportunities for Social Services to visit the home. Organisations and charities who work hard to provide help and support to those experiencing domestic abuse may see challenges with funding and staff shortages.

But for anyone experiencing domestic abuse, you are not alone. If you or your family are at immediate risk, telephone the police on 999. If it is not safe to talk, press 55 on your mobile telephone and you will be put through to your local police force. Women's Aid are still operating their live chat every weekday from 10.00am to 12.00pm, and their email service is continuing. The National Domestic Abuse Helpline continues to operate. Locally, Norfolk Community Law Service are providing advice and support by telephone and Leeway Domestic Violence and Abuse Services are still operating and providing support to adults, young people and children who are experiencing domestic abuse in Norfolk and Suffolk.

The government has now confirmed that anyone who is suffering domestic abuse or is at risk of suffering, are able to leave the home and seek refuge. The charity Refuge are working hard to ensure their services remain available.

The Family Courts remain open and operational for urgent applications to help those living with domestic abuse. An urgent application can be made for a Non-Molestation Order or an Occupation Order.

Clapham & Collinge remain ready and available to advise our clients on all aspects of family law, including domestic abuse. We will be here throughout lockdown and beyond, to help and support you. To discuss your individual circumstances or for more information please contact our dedicated Client Relations Team on 01603 693500, email [enquiries@clapham-collinge.co.uk](mailto:enquiries@clapham-collinge.co.uk) or visit [www.clapham-collinge.co.uk](http://www.clapham-collinge.co.uk)

\*This article is provided for general information purposes only and does not constitute legal advice or other professional advice.



# BOOK REVIEWS

## BURNT SHADOWS

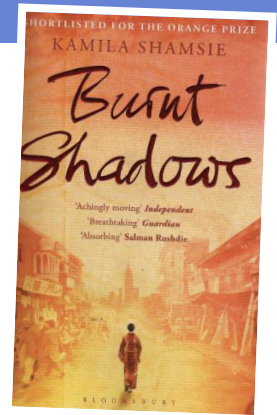
by Kamila Shamsie

The first setting for this novel is 1945 and Hiroko Tanaka is engaged to Konrad Weiss. On 9 August their world turns white in the aftermath of the bomb dropped on their Nagasaki home town.

It obliterates their world, Hiroko is physically and mentally scarred and Konrad is dead.

The scene moves on two years. With her fiancé dead,

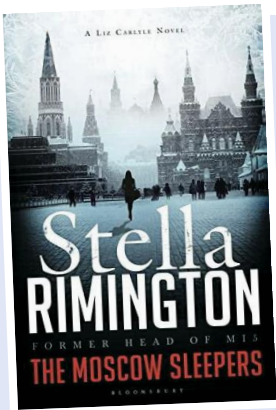
Hiroko travels to Delhi to find Konrad's relatives. Here Hiroko finds a new beginning when she falls in love with Sajjad and their fortunes are for ever entwined with Konrad's family. Their future lives sees them living through the division of India, establishment of Pakistan, their son's involvement in Afghanistan, 9/11 and life in New York.



The writing is a delight, poignant, moving, beautifully descriptive, sensitive but real. It is about families, how they deal with personal loss and tragedy and yet keep hope in their hearts.

The authoress was born in Karachi in 1973 and has a wide ranging understanding of international politics around which she expertly weaves Hiroko's life story. It is an ambitious scheme which rings very true. It may seem a strange story to read at a time of social distancing and self isolation but certainly reminds us of the suffering others have borne and courageously come through.

**Shirley Housden**  
Long Stratton & District WI



## Moscow Sleepers

by Stella Rimington

While browsing in a Charity shop last month I spotted the name Stella Rimington on the bookshelf and remembered her talk at the National AGM a couple of years ago about her life and being the first female Head of MI5.

Obviously the book was about espionage and features a female operative of MI5, I wasn't sure it would be my cup of tea. The title is Moscow Sleepers, and it's the tenth in a series featuring Liz Carlyle. It is not all mad villains, car chases and gun fights, but it is an insight into the workings of the Security Services worldwide and how they cope in the modern world of the internet, illegal immigrants and sabotage plots.

The action moves between Vermont, Brussels, Berlin, Moscow and surprisingly Southwold, with a few twists and turns, showing how the different services work to piece together the information.

In Vermont an academic from the University is dying, why have the hospital staff been asked to inform the FBI should he receive any visitor? He is a suspected Russian illegal and when he does receive a mysterious visitor, the news is shared with MI5, where Liz has a rendezvous with a top secret source in Berlin, who is concerned about his brother's position in Moscow, where suspicions are raised and an undercover agent has to be extracted quickly for his own safety.

Meanwhile in Brussels, a Russian sleeper agent who was given a totally new identity as a young man, is beginning to question his role and to suspect his wife. In Suffolk suspicions are also raised about the goings on at a Boarding school which has recently changed hands and seems to discourage English students while working with many foreign young men. The action moves between these events which are drawn together for a satisfactory conclusion. I may have to look out for the other nine books in the series when I can get to a Charity shop again!

**Lesley Sanders**  
Board of Trustees



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# Australia Calling

Marilyn Dent, a member of Rackheath WI was enjoying a visit with her daughter and family in Australia when the Coronavirus crisis hit. Thanks to Jane Nock, Rackheath's Secretary, Marilyn kept up with WI news from home! Here are pictures of Marilyn with her family. At the end of April Marilyn wrote to Louise that: "Things have taken a quick



First day at Prep School



Last day at Kindergarten

turnaround here, due to the fact we had to register with the British consulate in Melbourne, especially as we needed our visas renewed, needed more mediation and prove we genuinely were stranded. We have been given a repatriation flight leaving Thursday 30 April. This has left us, or at least me, not being able to say goodbye to the lovely Zumba ladies (social gatherings slightly lifted here) or dwell on the fact we are leaving the family." Marilyn and her husband will be self-isolating for 10-14 days on their return. Welcome home!

The season is now Autumn but the days are filled with glorious sunny weather and cooler evenings. Pictures of Daughter, son-in-law, me and Grandad

# Just for fun

Taken from a friend's timeline, thought it was great.

*I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates.*

*You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died.*

*They'll never know the things we did  
Before we got this old  
There wasn't any Facebook  
So not everything was told.*

*We may seem, sweet old ladies,  
Who would never be uncouth  
But we grew up in the 60s -  
If you only knew the truth!*

*There was sex and drugs and rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts.*

*Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?*

*We didn't mind the change of pace  
Because our lives were full  
But to bury us before we're dead  
Is like a red rag to a bull!*

*So here you find me stuck inside  
For 4 weeks, maybe more  
I finally found myself again  
Then I had to close the door!*

*It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no bloody flour!*

*Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer.*

*At least I've got a stash of booze  
For when I'm being idle  
There's wine and whiskey, even gin  
If I'm feeling suicidal!*

*So let's all drink to lockdown  
To recovery and health  
And hope this bloody virus  
Doesn't decimate our wealth.*

*We'll all get through the crisis  
And be back to join our mates  
Just hoping I'm not far too wide  
To fit through the flaming gates!*



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# Calendar Recipes



In 2017 the Sales and Marketing Sub-Committee, when promoting the theme for photographs to be submitted for the Centenary Calendar, invited members to take photos of the villages of the eleven WIs who were celebrating their Centenaries in 2018 and 2019. To enable more members to be take part they decided to include a request for vintage recipes.

Members submitted period recipes, before the presence of microwaves, woks, blenders, food processors and other items of modern kitchen equipment.

The recipes have been printed as they were received from contributors and have been compiled from a variety of sources. Whilst the recipes have been checked by the Federation's Sales & Marketing Sub-Committee, they have not been tried and tested. We will feature the recipes (accompanying illustrations resourced by Fran Swan) throughout the year.

## Chicken Salad

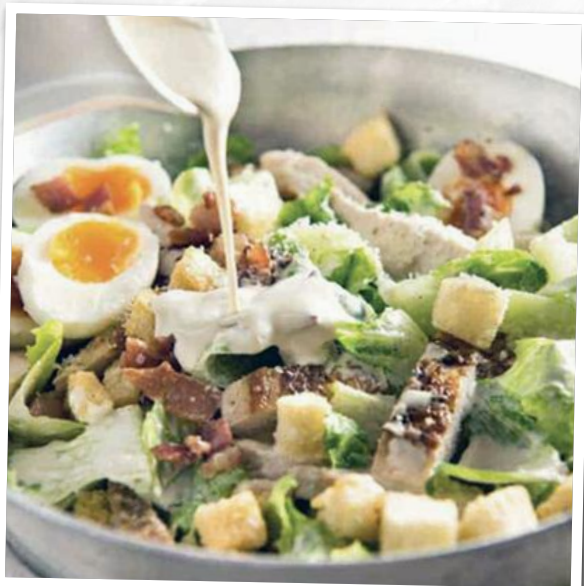
Taken from The Household Encyclopaedia 1931

### Ingredients

- Cold boiled fowl
- Lettuce
- Cucumber
- Watercress
- Boiled green peas
- Beetroot or tomato
- Hard-boiled egg
- Mayonnaise dressing

### Method

- 1/ Cut the meat from the bones of the fowl.
- 2/ Wash, tear into pieces and thoroughly dry the lettuce, arrange in a salad bowl with slices of cucumber, a few cooked green peas, slices of beetroot or tomato and the chicken cut into neat pieces.
- 3/ Just before serving pour over some good mayonnaise sauce and garnish with quarters of hard-boiled egg and watercress.



## Railway Pudding



(dated 1918) submitted by Sue Potter of The Pickenhams WI. Taken from her Grandmother Alice Maud Dutton

### Ingredients

- 1 teaspoonful of baking powder
- 1 breakfast cup of flour
- 1 breakfast cup of sugar
- ½ ounce of butter
- 1 egg

### Method

(Made and cooked in 25 minutes)

- 1/ Mix the baking powder, the cup of flour and one of sugar, add ½ ounce of butter.
- 2/ Beat 1 egg in a small cup of milk, stir briefly into the other ingredients.
- 3/ Bake directly in a Yorkshire pudding dish in a quick oven for 20 minutes.
- 4/ When cooked spread with jam or stewed fruit and serve at once.



# A lockdown poem

Angela Newton, President **Roughton WI** says:

**I wrote this poem to make me feel better and less frightened in these strange and worrying times that we are all living through at present. I am not making fun of this world-wide pandemic, which has brought so much fear, illness and death to so many people of all ages and walks of life. A smile and a laugh (and if only we could hug again!) can lighten the darkness. I hope we shall emerge from this as more caring and supportive, less selfish and judgemental**

## I Think I'll Just Stay In!

*I'm trying to see the funny side  
Of choosing to self isolate,  
I realise, of course, that it's not all fun,  
Not knowing what will be our fate.*

*But I refuse to sink into doom and gloom  
Bloody, but unbowed am I!  
So I close the door on the outside world  
Sit back and trust I'll get by.*

*I'm lucky 'cos I've got Bill at home.  
Like bookends we give each support  
He's a pessimist throughout all of this trauma  
Whilst I remain the "glass half full" sort!*

*We self isolate at each end of the house,  
Him gloomily reading the news!  
Whilst I've got my crafts, and writing, and books,  
We avoid life outside, and the queues!*

*I suppose I'm pretty fortunate  
'Cos I've always got craft on the go -  
Embroidery, crochet and such like -  
I'm OK with something to sew!*

*Then, of course, there is reading.  
My Kindle is filling up fast -  
With crime thrillers and lots of Scandi noir  
And old favourites from back in my past.*

*At least Box Sets were invented -  
I'm about to rewatch all of The Wire!  
Followed then by The Sopranos  
And then see what else I can hire.*

*Current TV is my bête noir  
I don't want to know how it began,  
And what may happen or mightn't -  
And what next they've decided to ban!*

*The oddest and weirdest part of it all  
Is having a diary that's blank.  
It's never happened to me before -  
And I've got this b.... virus to thank!*

*No classes or lectures, no workshops  
Or Coffee Mornings with loads of great cake!  
Well, that in itself is a good thing,  
But now I just freeze all that I bake.*

*I've crossed all the dates from my diary -  
Those that happen in April and May  
And now all it records for my future  
Are the bin collections: which colour, which day!*

*No more nipping out to the Craft Shop,  
Nor to buy yet even more wool.  
No meeting up with the W.I. -  
which, in my crown, is the absolute jewel!*

*How many times can you do a self facial?  
Or sort out your feet or your hands?  
My face has been creamed within an inch of its life  
I look younger than when this began!*

*We must close this, shut that, and desist  
From those things on which us humans thrive:  
Coming together and sharing -  
Not cancelling just to survive.*

*But random acts of kindness  
that us Brits are famous for,  
Are beginning to emerge - just as they should  
'cos it really is "the world at war"!*

*So be kind, be careful, be thoughtful  
As the days and the weeks drag on,  
'Cos then we can start to stockpile and share  
A "love virus" to everyone!*

**Angela Newton ©2020**

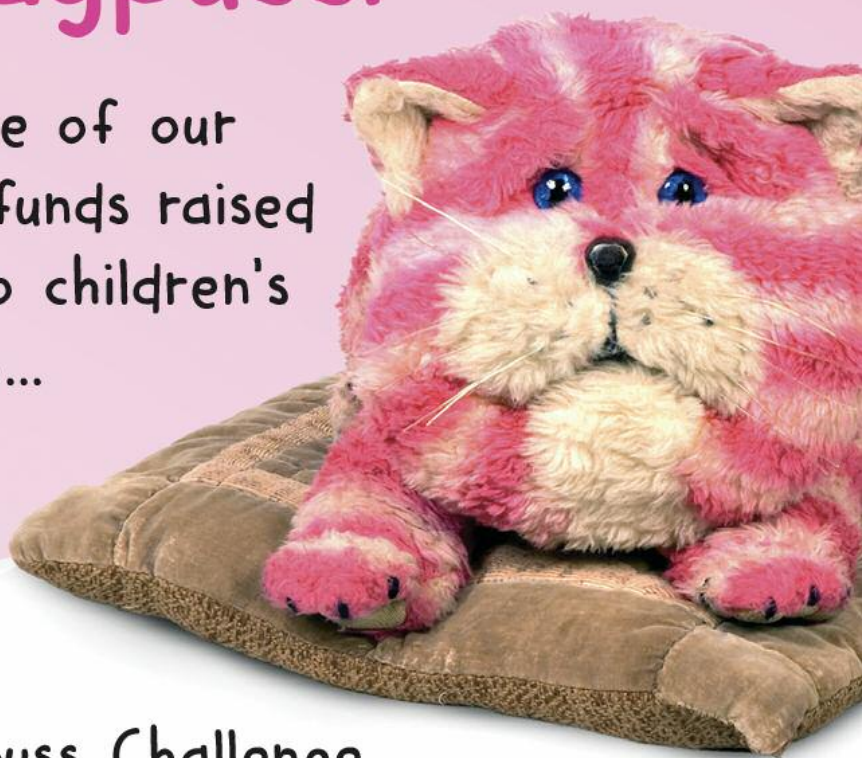


**Based on the amount of laundry I do each week, I'm going to assume there are people who live here that I haven't met yet.**



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## **Caring together during the coronavirus (COVID-19) pandemic**

At Caring Together we provide information and advice, run services in our local communities and campaign for carers' rights, so that carers have choices.

How we are doing this at the moment has had to change but our purpose and commitment to carers and the people they look after remains the same.

We continue to offer a variety of support for carers of all ages and the people they care for. This includes:

- Information, advice and guidance
- Listening Ear and telephone support service
- Help to plan for a crisis (emergency planning)
- Remote support for carers
- Support for carers or at risk of breakdown
- Homecare.

We are also able to offer information and advice to other professionals supporting carers at this time.

**For the latest information or more details**

**0345 241 0954**

**[hello@caringtogether.org](mailto:hello@caringtogether.org)**

**[caringtogether.org](https://caringtogether.org)**