



INGOLDISTHORPE VILLAGE WI NEWSLETTER OCTOBER 2024

President's Message

Well ladies, what a busy fortnight this has been. We started last Saturday with a celebration party for Dorothy's 90th birthday. A good number of WI ladies joined her family at Dorothy's. The wine was flowing well, her glass was filled with red throughout. Carole Casey had made a cake, a lovely light sponge filled with raspberry jam and fresh cream. Delicious but definitely not good for the waistline especially after three types of sandwiches, cheese scones and individual quiches. Dorothy had a lovely time but was very tired when everybody left. I expect that the wine had some influence in that. It was a good job Carole and Pam stayed behind to clear up. A lovely picture was taken of the two 90 year old's, Dorothy and Margaret Dring to be sent to Federation for the Norfolk News.



To follow this, on Saturday we had our Members Day with over 20 members attending. During the morning an Indian lady called Tina taught us a Bollywood dance routine. To start with, all of us were given a Bindi, a sparkling jewel worn on the forehead between the eyebrows. After going through stages of the routine everyone was asked to put on colourful skirts and scarves, bells around their ankles and squares tied to their hands to perform the dance. I must say as I wasn't able to partake, Tina and I were amazed at how good they were after a 45 minute lesson. How colourful everyone looked. If you couldn't attend you really missed a spectacle.

Following this we had chair yoga with teacher Kate who we had last time. It sounds easy but there are a lot of moves using raised arms and twisting movements so it does raise the heart rate somewhat. Ending with a slow wind down, with closed eyes and controlled breathing. One or two of us dropped off at this stage.

Time for lunch. The usual WI spread was supplied by members who cooked or donations made by others. Following lunch we met Janet who was to teach us how to decorate a couple of cards with glass pebbles.

Thanks to Lindsay for organising the day and Pam for organising the food. Quite a number stayed for this craft event which brings me to ask if there are any members with craft know-how who would like to join our monthly group on the second Wednesday of the month. We need more ideas to go forward. Please contact me or Barbara and we will pass on your details to the organisers.

This is also the case for the Darts Group, we have lost one or two of the group so we could do with more people. Don't worry about not being good enough as we are by no means experts. Give it a try, come along on a Monday evening, 7:30pm at the Church Hall. We have spare darts. **Sandie**



Harvest Lunch

Once again we gathered in the Church Hall to celebrate the end of harvest with a hearty lunch. Many thanks to Pam and her WI helpers for providing such a sumptuous spread. It was a busy lunchtime with 47 people attending and the event was enjoyed by all, judging by the empty plates and bowls at the end.

Federation Events

🌿 Festive Craft Fair Saturday 30th November 10 - 3pm, Evelyn Suffield House Norwich.

🌿 John Lewis Christmas Event - You and a guest are invited to a free event for Norfolk WI at John Lewis Norwich, Thursday 5th December 5.30 - 8pm. Talks, demonstrations and food and drink tasting. Please see me if you would like to go and I will let you have details on how to apply.

🌿 Exclusive workshops at Norwich Theatre - Ballet 16th January 2025 10.30 - 1pm, New Voices Choir 23rd January 2025 11 - 1.30pm. Unwind with Drama 30th January 2025 6 - 8.30pm. Each session is £25 per person and will be delivered by expert practitioners at Norwich Theatre, Stage 2.

🌿 Beginners Patchwork Course Saturday 8th & 22nd February & 8th & 22nd March 2025, 10 - 3pm cost £100.

🌿 Coffee, Chat and Craft for International Women's Day 2025 - Thursday 6th March 10.30 - 12.30pm at Evelyn Suffield House. Free event.

🌿 Ladies that Lunch, first Friday of each Month. 2 course lunch £13.50, Christmas Lunch £20. 12 for 12.30pm at Evelyn Suffield House Norwich.

The next Ingoldisthorpe WI coffee morning at The Well will be on Friday 25th October, everyone welcome. **Barbara**

Book Group

A short review of one of the books we have read in the last month.

I found 'At Hawthorn Time' by Melissa Harrison an absolute delight to read. Not least because the author gives each chapter a title related to the wild flowers, weather and vegetation keenly observed in the countryside surrounding the fictional village she created for her story.

The varied characters in the book were equally keenly observed and interwoven giving the reader a window on Lodeshill, the fictional village in the story. The story flowed, describing lives which one could easily relate to, ending a little tragically but leaving the reader with a clear picture of rural life as seen through the author's eyes. Beautifully written.

There is a change of date to our next meeting. We will be getting together on Friday 18th October instead of Friday 25th October at The Granary, 2pm. **Lindsay**



WI walk from Morston to Blakeney

On a beautiful day 5 members had a wonderful walk. We saw egrets and plenty of gulls as expected. We had a lovely lunch in The Two Magpies and the sausage rolls and soup were gorgeous. We then had a meander around Blakeney and made our way back to Morston.

October Meeting

Owls and Wildlife Rescue with Angela Canning

Thanks - Cath Roche Flowers - Hazel

November Meeting

Annual Meeting and Mike Simmonds of Maldon Chocolates

Thanks - Barbara Flowers - Lindsay