

Wickhambrook Women's Institute Newsletter

Spring 2014 Issue 6

Keeping members and friends in touch

February Continuing the "New You" theme begun in January, members heard about the benefits of Yoga to well-being, energy and general fitness. Carol Baker was our guide encouraging everyone to try simple techniques as regularly as possible guaranteeing better ease of movement if you persevere. She showed us how to do chair Yoga good for those who have a lot of time sitting at work or driving, stretching methods to improve posture and breathing exercises to aid calm and relaxation. Her enthusiasm was obvious and hopefully some of those present will continue doing Yoga and others may be "inspired" to try for themselves.

March Nimble fingers, patience and a good teacher were the ideal ingredients for this month's meeting and these were readily found in guest demonstrator for the evening Barbara Redman. She showed us how to make an "exploding box" on an Easter theme, taking us step by step through the process to our hopefully lovely end product. Each of us had a kit of items and material carefully prepared by Barbara to make our boxes. She told us how after a medical breakdown she had found solace and calm trying out and mastering different crafts and how it was and still is her oasis of peace in life's busy comings and goings particularly satisfying when sharing her love of crafts with a diverse range of keen participants. After some scoring, gluing, cutting and decorating we all achieved our exploding box with a Easter chick on the lid which when you pulled a ribbon bow, popped off to reveal a smaller box within containing a paper basket of mini chocolate eggs as a surprise! All were unique to the maker and apart from the occasional comment of frustration;



Barbara ensured we all were very pleased with our efforts, thoroughly deserving our cuppa for our concentration and focus on our task. She was warmly thanked for all her preparation and guidance by Jacqui Underdown.



Quiz Evening Success Ten teams arrived at the W.I. Hall recently to enjoy competing against each other in the annual Quiz evening hosted by the Women's Institute but open to all comers. Jean Coe was our question mistress ably assisted by her husband Stephen, who recorded the scores. There were rounds on Health, Sport and Planet Earth alongside the intriguingly named Dingbats and Whiffy Watsits that challenged those taking part. A Ploughman's Supper was served midway and a raffle drawn before the winners were announced. First was

Anderson Reunited, a family team of Dorothy, George, Keith and Morag with 73 points, second was DMDV, Deirdre, Merlayn, Dave and Val with 69 and a half points and third were the Little Wratters with 63 and a half points, finally holding everyone else up were Wickhamgate.

Everyone was thanked for supporting the evening especially Jean and Stephen for doing all the questions and a fun time was had by all here's to doing it all again next year.



There has been lots of chat and delicious tea and cake at the tea parties held so far, look out for future afternoons to come and enjoy. All Welcome!!



April We had a very interesting evening on the subject of 'The Life of a Racehorse'. Living as we do, just ten miles from Newmarket, we are all aware of the industry and tourism around the town, but this was an insider's look at what really goes on. Geoff Evans has worked at Stanley Stud for 32 years and is a keen photographer. His beautiful PowerPoint presentation was a wonderful illustration of his subject and his love of horses permeated his talk. His light-hearted treatment of parts of his work made us laugh, but he also made us aware of what can go wrong with these beautiful animals. He is also involved with 'Riding for the Disabled' and he touched on this subject briefly. An excellent speaker with other talks on his list - do give him a go!

May Resolutions and our annual AGM were the items of business for this month's meeting. Members found the resolution unsatisfactory as it was not strong enough, already being discussed within families and around the public forum. It is not a traditional resolution but one that putting the weight of National pressure and the membership behind can but help. The AGM finished we enjoyed some refreshments and made purchases from a bring and buy before discovering the depths of the ladies handbags in a "bring me" game resulting in revelations better left unknown!

Forthcoming Meetings

Tuesday, 8th July : The experiences of a Corset Consultant with Rosemary Jacob

Tuesday, 12th August : Marie Curie Cancer Care Sheila Jeffrey

Tuesday, 9th September : Red Cross and First Aid with Joan Horner

Please come and join us at our monthly meetings, we'll be so pleased to see you again!

Come and enjoy with us a delicious
Carnival Tea in W.I. Hall on Saturday
13th July 2014

Next Newsletter September 2014

For more information contact Dorothy Anderson 01440 820376



