

**Women's
Institute**

Wickhambrook News

Spring 2006

Issue 10

Keeping members and friends in touch

Our guest at the March meeting was Carol Baker from the Self Centre in Bury St Edmunds. She demonstrated the different forms of Yoga with an ease and flexibility we could only envy but did include some easier and useful moves for every body for what ever shape or stiffness. Her enthusiasm and knowledge were infectious and many resolved to visit her at the Centre to see what was on offer and when.

This was followed by a quiz to identify 24 different white ingredients found in everyone's pantry; this was great fun, if very frustrating and was won by Deirdre Smith.

On a cold April evening recently, it was good to come together to listen and discuss the work of St Nicholas Hospice in Bury St Edmunds with Ian Norris. They provide such a professional service full of care and comfort for the whole person and all their family and friends. We organised a bring and buy stall expertly run by Jo and Deirdre and donated the proceeds of £100 to the hospice to help continue its vital work. Janet King thanked Ian for his often humorous and at times touching insight into his world.

Thanks to everyone who supported our recent Jumble Sale, we had our best total for many years of £444.

The recently held quiz was a great evening with the winners being "Sweet F.A." with 80 and a half points, comprising of George and Dorothy Anderson and Richard and Morag Fieldsend.

2nd were the "Wombats" and
3rd "Desperate Housewives"

We were delighted to welcome our W.I. Advisor Roz Melvin to our May meeting. After some discussion particularly about the length and complexity of the second, members decided on their votes for this year's resolutions. Following on we had a tasting session with the contributors taking as through the easy and quick recipes available.

These ranged from a bacon and liver pate to a sausage plait, tiramisu, shortbread and several more to enjoy. Copies of the recipes were available to take home for all to try.

A simple but very enjoyable evening for all.

Coming Soon!

Carnival Day

Saturday 8th July

*Come and join us for
afternoon tea in the W.I. Hall.*

Future Meetings

Down with drudgery

July 11th

Golden age of postcards

August 8th

Please come and join us at our monthly meetings we'd be so pleased to see you again. For any more info contact Sue Blaza 01638 500264

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