

Wickhambrook Women's Institute Newsletter

Keeping members and friends in touch

June



The members took over this month, here was a welcome floral buttonhole for everyone on arrival and once a short time of business was completed, led by President for the evening Judith Pitcher, we were placed in the expert and enthusiastic hands of Jen Lerner to circle dance together. What a fun time we had listening to evocative music while trying to work in unison to create these different story dances from around the world. We began in two standing circles and after some tasty treats with our tea created by some of the organizing members continued in seated circles equally as interesting but also soothing and calming. Jen and her assistant Irene were warmly thanked by Deirdre Smith. At the close Hilary Bradfield thanked all the members concerned on behalf of the committee for their evening off and congratulated them on a most entertaining and different meeting, enjoyed by all.



July



The prospect of learning about the "Rubbish Diet" enticed a good turnout to the July meeting. Hilary Bradfield our President gave us an interesting insight into her visit to the AGM at Brighton, with others from the Suffolk West Federation, before introducing our speaker for the evening Karen Cannard. Karen writes for the Bury Free Press, as well as having a slot on BBC Radio Suffolk. She told us how she decided to reduce the waste that she put in her black bin, by creating the "Rubbish Diet" and what led to that decision. I'm sure we all left the meeting determined to reduce our waste even more!

August

It was all hands on and paintbrushes to the fore at this month's meeting as we tried painting on glass following instruction from Ann Datson, our tutor for the evening. There was a visual presentation about the history of making glass



from a probable initial accidental discovery over 3,500 years through stained glass and leaded glass designs created for church windows to the contemporary use glass in the present days. As the congregations were mostly illiterate, the stories the windows told through the painted glass were called the "poor man's bible".

Taking our inspiration from Ann's variety of work on show everyone painted their own jam jar in a unique style and design to them and some excellent work was produced. The items were taken home carefully to dry over 3 days and then cooked in the oven and cooled to obtain the finished effect.



of

*Come and get your
hand made gifts at*

W.I. Christmas Fayre

**Saturday 18th
November 2016**

At 2pm

W.I. Hall

ALL WELCOME

September

Detective Inspector Richard Southwell was our guest speaker this meeting from the Metropolitan Police invited by our President Hilary Bradfield with whom he worked with during several cases over many years. He gave us a potted history of his 30 plus years in the different areas of the Met from Bobby on the beat, C.I.D. Serious crime squad to security and special operations his present post. Using news videos, he outlined cases, related funny and terrifying scenarios he had been involved in and even some in which he was the led officer. There were very many questions arising from his talk and beyond and Richard did his best within the bounds of his remit to explain and answer fully. He was an absorbing speaker, Hilary commented he was much in demand and had several irons in the fire for avenues in which to employ his skills, knowledge and experience so who knows what the future may hold for Richard on his retirement from the force in 2017. Sue Burton-Griffiths warmly thanked him and wished him well on our behalf.

Forthcoming meetings: Tuesday 11th October, Medical Herbalist, Bev Bailey

Tuesday 8th November, Christmas Floral Arrangements with Thelma and Angela

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

For more information contact Hilary Bradfield (01440 821713)

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