

Wickhambrook Women's Institute Newsletter

Keeping members and friends in touch

June At our open meeting in June we had several visitors attracted by the opportunity to see and find out about Belly Dancing from teacher and expert of 13 years Victoria Strudwick of Sudbury. This dance form has many styles and influences from years old, middle and eastern traditional to contemporary fusion styles taking influences from Indian, Flamenco and Tribal ethnic areas. Victoria explained that it evolved as dancing by, and with, other women for women and not as perceived by some today as erotic enticement for men. The ladies were then left mesmerized as Victoria then demonstrated her particular speciality of American Tribal Fusion which is a non-choreographed form developed in the U.S.A. in the 1980's. She glided, swished, jangled beautifully across the floor whirling gracefully with every shape precise and delicate. The use of her hands and arms was particularly striking and then it was our turn!!! She patiently taught us some moves and shapes and techniques and everyone made a very good effort to match Victoria. It was full of laughs, free flowing, rhythmical and very exciting. It was great to see that some had a real aptitude for the movements and perhaps will look to continue this further later. Victoria was warmly thanked for such a lovely evening by all.



July At the July meeting, Clare Mulley of Saffron Walden, a writer and historian, came to talk to us about her book, 'The Spy Who Loved'. The subject of the book is Krystyna Skarbek, a Polish countess who changed her name to Christine Granville when she became a British spy during the first World War. Christine was brave, fearless, feisty, reckless and promiscuous and during her short life she packed in more than most of us could ever accomplish in several lifetimes. She was thanked by Pat Cash.

August Our members meeting for this year took place recently under leaden skies with the threat of rain by invitation of Trustee Joyce Draycott and her husband Philip at their home Ashfield Green Farm. Despite the August evening weather, a very warm welcome awaited all from Joyce and her band of member helpers greeting us on arrival with either an Elderflower or Pimms. The business was dealt with efficiently, as we sat in the beamed cart barn then enjoyed delicious home-made cakes, raspberry scones and biscuits accompanied with a welcome cuppa before we wandered through the different gardens and across to a newly created wood planted with only native species trees ten years ago and thriving. There was a chance to test our skills afterwards in a second barn to "Splat a rat", score at garden quoits and an "extreme" version of Hook a Duck!!! Prizes were awarded for the best efforts! A delightful evening in good company giving pleasure to all, appreciative thanks to all involved.

September Our guest speaker at our September meeting, filling in at very short notice due to illness was Margaret McAlpine from Bury St Edmunds to give us an insight to her volunteering work with Soft Power Education based in Uganda at the Amagezi Education Centre near Jinja.



Formed by Bury St Edmunds born Hannah Bain just 15 years ago the charity works with rural communities through projects to educate, train and help Ugandans to improve their quality of life and wellbeing. Their aim is to **enhance the knowledge of life skills through fun, creative, innovative and hands on education**. She explained how she had at a very low point in her own life found by chance the charity and its work and how volunteering with them in Uganda has brought a new focus and joy into her life through working with the women and their children. She related her experiences both good and bad and brought with her items from the various projects particularly from craft groups knitting soft toys and clothes to raise income for large families to pay for schooling essentials such as uniform, books, pens and journals. An inspiring speaker Margaret answered many questions and was thanked by Gillian Cooper for an informative, eye opening talk very much enjoyed by all.



Soft Power
Education

Come and get your
hand made gifts at

[W.I. Christmas Fayre](#)

[Saturday 18th
November 2017](#)

[At 2pm](#)

[W.I. Hall](#)

[ALL WELCOME](#)

Forthcoming meetings: Tuesday 10th October, The Trafficking of women with Pam Bowen
Tuesday 14th November, Astronomy for Beginners with Richard Young
Tuesday 9th January, Making Jewellery with Sikander Jaad

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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