

Wickhambrook Women's Institute Newsletter

Keeping members and friends in touch

October Herbal medicine was the subject at this month's meeting when local practitioner Beverley Meredith-Bailey spoke about her work to the ladies present. After several different education choices and diverse career paths, Bev re-found her childhood love of nature and curiosity about how plants can help in treating various illnesses and disorders. After six years of absorbing and challenging study she is qualified as a Medical Herbalist and now practises locally making many of the tinctures, salves, teas and syrups she prescribes herself. Full of information members asked advice and enjoyed discussing and sampling her wares. The ideal herb for reviving and rejuvenating tired skin and improving wrinkles according to Bev is nettle seeds, you can guess what we all want to have added to our medicine cabinet immediately!!

November We were in the skillful and creative hands of for this month's meeting. Two of our own, for simple Christmas floral arrangements unique delivery and style they produced eye colorful, sparkling displays which could table or fireplace over the festive period.



turn to put what we had seen into practice match Thelma and Angela's excellent floral items. Under their guidance and help everyone had a lovely arrangement to take home and supplies to repeat



Thelma Farrow and Angela Cross they demonstrated several ideas with their own catching, grace anyone's Then it was our and try to



and do more nearer the festive season. A super evening for all was much appreciated from two very talented ladies, thank you Thelma and Angela.

December The members were in celebratory mood this month, as our monthly meeting fell 90 years since the formation of the Wickhambrook Institute in 1926. We travelled by coach to "The Bull" Hotel in Long Melford to party in our "posh frocks" and didn't we all look amazing too!! After a champagne toast and group photo to record our momentous birthday formally then we sat down to enjoy a festive dinner with all the trimmings. President Hilary Bradfield narrated two hilarious, well-crafted poems detailing recent institute events and a Christmas inspired quiz before we boarded the coach for the return journey to Wickhambrook. A delightful evening full of delicious food and great company made for a relaxing birthday evening, many thanks to Hilary and her committee for all their excellent arrangements for a super event.



January There was a good attendance at the first meeting of 2017, which included two visitors, hopefully members to be. Vice President Sue Burton-Griffiths welcomed everyone wishing all a happy new year and led members through Resolutions and other institute business before asking member Dorothy Anderson with help from Val Orange to "educate" in true W.I. spirit all about the life and work of Scottish poet Robert Burns and the traditions associated with him. Both proud Scots Dorothy outlined the short but very busy family and celebrity life of "Rabbie" particularly explaining a Burns Supper, while Val performed several poems as well as explaining the correct way to sing Auld Lang Syne. The influence that this simple yet passionate man continuing to weave his magic throughout the world centuries after his passing. There were the tasting delights of Haggis (for the discerning diner), home-made Border tart, Scottish tablet and Shortbread, accompanied by a CD of some Burn's songs from Scottish folk singer Eddi Reader while refreshments were served, being much appreciated and enjoyed. The evening ended with members trying to work out the meaning of several colloquial Scots words still used in conversation today. Dorothy was warmly thanked for organizing the evening along with all her helpers.

W.I. Spring Fair

**Saturday 8th April
2017**

At 2pm

W.I. Hall

ALL WELCOME

Forthcoming meetings: Tuesday 14th March, Coco Chanel, her life and loves with Paula Short

Tuesday 11th April, Addenbrooke's Hospital History with Hilary Ritchie

Tuesday 9th May, AGM and Resolutions

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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