



*BEDFORDSHIRE
WI NEWS
JULY & AUGUST 2024*



Hello and welcome to our July-August 2024 issue. On 5th June the NFWI held their Annual General Meeting at the Royal Albert Hall. Most of your Board of Trustees and many grassroots members from all over Bedfordshire travelled to London to take part. Please see Elizabeth's Chair's Chat on P3 & Footnote P5 for her full account!

theWI
INSPIRING WOMEN



**Bedfordshire Federation of
Women's Institutes**

WI House, 62 Adelaide Square
Bedford MK40 2RW
Tel: 01234 359538

Mob: 07423 819919

Office: fedsec@bedfordshirewis.org.uk

Chairman : Elizabeth Cochrane

chairman@bedfordshirewis.org.uk

Dot Wigg: MACchair@bedfordshirewis.org.uk

Secretary: fedsec@bedfordshirewis.org.uk

News Articles: ATC@bedfordshirewis.org.uk

Web: www.bedfordshirewis.org.uk

Facebook : Bedfordshire County WI

Opening Hours: Members are welcome to visit the office between 10.00 to 12.30 and 1.30 to 3pm Monday & Wednesday. Office is closed Tuesday, Thursday & Friday.

Parking is available at Queen Street Car Park first 2 hours free.

Secretary: Catherine Bentley

Newsletter Editor: Hazel Wade

Content to: Wlnews@bedfordshirewis.org.uk

by: **6th August 2024**

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FORTHCOMING EVENTS:

Knit , Sew & Crafters, WI House, (call office for future dates)

10.30 to 2.30pm, no booking required £3 per person.

Friday 05 July Wine Tasting & Supper, Westoning VH

Thursday 11 July Ladies' Day Newmarket Races **CANCELLED**

Sat/Sun 20/21 July Bedford River Festival Stand

Saturday 10 August WI House Open 4pm-8pm see P.4

Friday 16 August Tiptree Farm & The Cheap Shop Essex

Monday 09 September Fishers Gin Tour - Aldeburgh

Tuesday 24 September Crazy Bag Whist, Gravenhurst

Saturday 28 September Proms Evening, Kings House

Saturday 12 October, Speaker Day, Barton le Clay VH

Monday 14 October Jigsaw Challenge, Kempston

Wednesday 16 October Meets & Entertains, Houghton

Conquest VH, Songs of Nostalgia with Steve Forward

Saturday 23 November Craft Fair, Flitwick VH

Mon 25 Nov closing date for Tree Santas to WI House

Wed 04 to Sunday 08 December Christmas Tree

Festival, St. Paul's Church Bedford

Thurs 05 December John Rutter (Matinee) RAH

Planned—awaiting confirmation:

° Shoe Sale & Lunch, Autumn

° Christmas Sing Along ° Burns Night

SUMMER SONGS QUIZ

Can you work out the titles from the initials and artists?

1	H C T S	THE BEATLES
2	(S O T) D O T B	OTIS REDDING
3	L D	BILL WITHERS
4	G V	BEACH BOYS
5	W A G O A S H	CLIFF RICHARD
6	W O S	KATRINA & THE WAVES
7	S O F S	ALICE COOPER
8	S A	THE KINKS
9	C S	TAYLOR SWIFT
10	W S	HARRY STYLES
11	S I T C	LOVIN' SPOONFUL
12	I I T S	HARRY BELAFONTE
13	S N	OLIVIA NEWTON-JOHN
14	I T S	MUNGO JERRY
15	L S	THE B-52s
16	C S T F	JUSTIN TIMBERLAKE
17	C G Y O O M H	KYLIE MINOGUE
18	H	MADONNA
19	R	DURAN DURAN
20	A	BLACK LACE

WI Duty Adviser for July/August 2024
DIANE SANBROOK

01525 713931

Please contact the duty adviser with
WI related questions.

For anything urgent, please ring
WI House on 01234 359538

FEDERATION FLUTTER
June 2024
Elizabeth Overfield
Shefford WI £50

Hello Everyone,

Well, the second May Bank Holiday came and went with its typical British weather! Hubby and I had booked the weekend in Wells Next the Sea. Saturday was not too bad but Sunday ... least said, and then a beautiful Monday which made us wish we had booked for the week, but at least the drive home on Tuesday was un-eventful. Its amazing how we British are so used to our changeable weather and then adapt to it. I hope you all enjoyed the long weekend whatever you may have been up to.



Thursday saw us with 50 other WI members and friends/husbands at Winterbourne House and Gardens, an event organised by ASL sub-committee, an excellent day and the weather was kind to us.

So, what does this week bring ?, remember I am writing this at the beginning of June although you will read it in July!! On Wednesday 5th June, many of us will be travelling by coach to the National Annual meeting at the Royal Albert Hall although some members will be making their own way there. This meeting is always very special when held at the Albert Hall and again as at our ACM I shall be looking forward to the singing of 'Jerusalem' One special moment for me will be to hear, and join in with the singing of the Welsh National Anthem ' Mae Hen Wlad fy Nhadau', not as loud as at Cardiff Arms Park but still a tear jerker !!

There is only one resolution this year "Dental Health Matters", which I'm sure you will have discussed at your own WI Meeting. Your committee will have informed your delegate of how you wished her to vote on your behalf. See my Footnote on P7 on how the day evolved, just briefly as you will have a report from your delegate and it will be reported on in WI Life.

Next year it will be a 'Zoom Meeting' but we are already discussing what we can arrange so that we can all gather to watch the event, and make it a special day!

Many of you will know that Catherine our secretary has been poorly this last week or two. And Board members have been manning the office. We do our best to keep things up to-date etc. but if issues got a bit muddled, I apologise. Hopefully Catherine will soon be back with us and the issues will get sorted, and from me a Big Thank You to the Board members for their endeavours on behalf of Federation.

Have a lovely summer everyone, best wishes to you all

Elizabeth

MESSAGE TO TREASURERS

The National portion of Membership Subscriptions for 2024-2025 was due to be sent to NFWI by 31 May. Thank you to those WI Treasurers who met the timetable for sending the National and County elements to WI House by 30 May. This enabled me to meet the timetable for the majority of our WIs. There were however by mid-June a number of WIs who had not sent the details of members joining or renewing (the Peach coloured form) with their payment to WI House. I am being pressed by NFWI to forward the outstanding subscriptions as they are now well overdue. Can I therefore please request that if at the time of receiving this 'Bedfordshire WI News' any WIs who have not sent their County and National subscriptions to WI House, they do so without delay. Thank you. If you have any problems, please contact me.

Diane Sanbrook, County Treasurer

Time to Celebrate

BOARD OF TRUSTEES

Saturday August 10th

WI House & Garden

Open 4.00pm to 8.00pm.

You are cordially invited to join your Board of Trustees in celebrating the Federations 105th Birthday!



Bedfordshire Federation was formed on Saturday 27th September 1919, at a meeting in the Shire Hall, Bedford.

Mrs Whitbread was elected the first County Chairman.

There were 23 Institutes in Bedfordshire at that time

Drop in during the above times for a glass of wine and nibbles or come for the whole time — we would be so pleased to see you.

RSVP via the application form, or book online for us to gauge the requirements for refreshments

Note the wine will be non-alcoholic, cold drinks with Tea & Coffee also available.

Celebrate again with us at our **"Proms Evening"** on **Saturday September 28th at Kings House on Ampthill Road MK42 9AZ at 7.00 pm**

We are 105 on 27th September! Bedford Town Concert Brass & Amici Singers are to join us again for this special occasion. They will play for us music from around the world together with traditional Proms Music and no doubt a chorus of "Happy Birthday"!!! so Red, White and Blue is the order of the day. Their Bar & Café area will be open pre Concert and in the interval.

Cost £25 per person with a closing date of Friday 30th August



Meets and Entertains Wednesday October 16th Houghton Conquest Village Hall

"Songs of Nostalgia with Steve Forward". More Music for you although this time you will probably be singing along yourselves !!

Doors will open at 2pm with an interval at approximately 3pm when Tea and Scones will be served. Cost is £12.50 pp and closing date August 30th

Christmas Tree Festival at St Pauls Church Bedford 4th to 8th December

The theme is Magic of Christmas - Santas please, in any medium, no wider or taller than 10 cm due to weight on branches!! Crocheted, knitted, sewn, felt, etc. Closing date for receipt of items at WI House is Monday 25th November.



FOOT NOTE

THE NATIONAL ANNUAL MEETING, 05 JUNE 2024

I did not expect to be writing this for this edition of the Newsletter!! But WOW what a day, one of the best. Traffic was the only downside. Late arriving with only a minute to spare before singing Jerusalem. Had we missed it, it is sung again at the end of the meeting along with the Welsh Anthem (lump in the throat!!) and the National Anthem.

All three guest speakers , Nazir Afzal, Mel B, And Tim Watson spoke on topics relating to domestic abuse. They were all excellent, standing ovations became the order of the day.

Mel B (Spice girl) and her TV interviewer Victoria Derbyshire I would say were star struck by the 5000 women in the Albert Hall.... They ended their section by taking selfies with the backdrop of the audience!!!

Lunch was eaten on the steps to the Albert Memorial, which has become a tradition of attending the National meeting. To see 5000 ladies tipping out from the hall to cross the road, stopping the traffic as they go is magic.

There was a business side to the meeting. This year's Dental Health resolution was carried by 4578 votes to 214. National are working on setting up a WI Lottery to be formally announced on WI Day September 16th, and later, probably October, a grant funding scheme with set criteria for Federations to apply for funding for events to offset the closure of Denman.

All in all, a wonderful day, shame about the journey home! London was gridlocked. Creating endless time sat in traffic jams whichever way our driver Alan tried to take us!! Then once back in Bedfordshire already much later than expected there was a major accident at the junction towards Houghton Conquest causing us to divert yet again. However, we finally arrived at our Bedford dropping off point tired but happy with the long day that had been thoroughly enjoyed. You will no doubt be getting information of the day from your delegates and there will be further comment in WI Life, this is just my take on a very special day.

Elizabeth



Just a few of us!



A very full Royal Albert Hall



Mel B & Victoria Derbyshire

MEET THE TEAM UPDATE

A reminder about the Meet The Team, on Monday 15th July at Poplars Garden Centre, Harlington Rd, Toddington, Dunstable LU5 6HE. **This update is to say they will be there from 10am if anyone wants to go earlier than the original 11am.** Why not come along for a chat over a cuppa to meet Committee & other WI members from your local area.

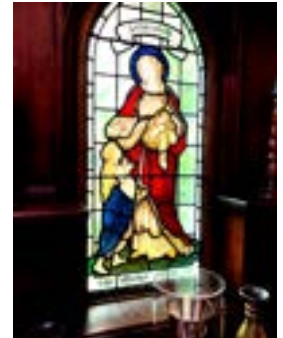
Don't forget we have our Facebook page : Bedfordshire County WI.

Great Big Green Week 8th to 16th June.

Do remember everyone to send in any photographs of what you may have been doing for this special week to Hazel at Wlnews@bedfordshirewis.org.uk With a brief note if possible.

I hope you have all heard about the new Banner we envisage for next year. Information was sent out in the June mailing. If any member would like to be more involved in helping with the sewing of the centre panel, please contact me via my email address elizabeth@bedfordshirewis.org.uk

As promised, here are some pictures taken on the tours of the Higgins and Panacea Museums earlier this year. Unfortunately the editor only seems to have pics from the Panacea Museum but a jolly good time was had by all at both venues!

**CLIMATE AMBASSADOR**

anniejpalmer@aol.com



I really must be more careful what I wish for. May 3rd was, like too many this spring, a miserable day with mist and low grey cloud hanging on the distant hills, bursts of heavy rain followed by mizzling and water everywhere. I spent the day wishing that the sun would shine and that things would dry up.

That evening, the weather forecast sounded promising so I put a load in the washing machine. The rain stopped, the puddles dried up ... and so did the water in my taps. What little that did come out became so muddy I could have grown cabbages in it. I hastily turned off the machine. The mains had burst across the way from me and, bless them, two Anglian Water men spent the night trying to sort the leak out. My water supply was restored at 4.00 pm which was wonderful – the machine went back on.

I woke early the next morning to sunshine. I thought I'd make the most of it and put another load on. Soon afterwards, I went to wash my hands and the tap instantly ran dry. I hastily turned off the machine. I began to think the thing was jinxed. I thought that before putting on the next load, I'm having a cup of tea, doing the washing up, and going to the loo (in that order) - these were the three things I'd regretted not doing, both times, before the water was cut off. Not having any water coming out of the taps certainly made me appreciate how lucky I am to have this luxury.



We have been informed that in less than twenty years our taps will run dry (The Rivers Trust). It's not that we haven't been warned. With regard to our area, we were told twenty years ago that: "technical fixes can address many of the water supply problems but often at the expense of creating other problems. Without any extra housing growth, the region is likely to face a water supply deficit within a few decades. The scale of growth envisaged (500,000 houses) is likely to have serious negative impacts on water resources, biodiversity, tranquillity, air quality and congestion" (East of England Regional Assembly). Perhaps we can ask our MPs and councillors if building three times that number of houses in our region (1,500,000) is a wise, and sane, thing to do.

Hello Ladies,

Let me start by saying I am so sorry the Newmarket Races on 11th July didn't get to the starting gate! There was not enough members to cover the cost of the coach; sadly the prices of coaches have risen quite considerably, and of course it's not feasible to run at a loss, the whole point of the event is to raise funds.

I am glad to say the outing to Winterbourne gardens went ahead and was greatly enjoyed even though the weather was a bit hit and miss. We were allowed everywhere in the House with exhibitions and paintings on show. The gardens were quite extensive and very varied.

Things are fairly quiet for us over July/August but we can look forward to a trip **Monday 9th September**, to the seaside at Aldeburgh Suffolk, which gives you a choice of a tour round **Fishers Botanical Gin Distillery** or the option of just a trip to the seaside. The closing date is Monday 22nd July. Cost £65 including distillery tour, or £30 for the coach only, friends & family very welcome.

Other events include **Crazy Bag Whist 24th September** at Gravenhurst; the **Jigsaw Challenge Monday 14th October** at the Centenary Hall in Kempston and **John Rutter's Christmas Concert** which is a Matinee this year on **Thursday 5th December** with the price at £67 per ticket and as always, friends & family will be very welcome.

But do have a good summer first! The next sub committee meeting is 16th July 10.30 at WI House, new members are most welcome, we meet approximately 4 times in a year. Hope to meet you at one of the events. *Rosemary*



GARDENING July/August

- ◆ Keep on top of weeds! This is especially important when we have such variable spring weather, from torrential rain to heat waves in a matter of hours. Weeds take hold quickly and flourish alarmingly. Always try to remove the entire weed with all the roots; this is best done after a rainy patch when the ground is not set hard like concrete!
- ◆ To keep neat & flourishing borders, regularly dead head blooms as this prolongs the flowering period.
- ◆ Continue to cut and edge lawns.
- ◆ Check stakes of tall growing perennials such as delphiniums etc. If peonies are drooping, try metal shrub supports.
- ◆ Attend to container grown plants as they need plenty of water on a regular basis. When setting up a new container, adding broken crocks at base is important for drainage.
- ◆ Sow herbaceous perennials for next year and take softwood cuttings of shrubs.
- ◆ Check roses for pests & diseases. Keep an eye out for lily beetle on all lilies, they hide on the underside of petals, are red, and need destroying immediately. Once affected, the plant does not fare well!
- ◆ Make the most of fine weather days and take a trip out to Heritage property gardens, and make note of any particular ones you fancy in your local National Gardens Open Gardens scheme. You can find your local group online or in the 'little yellow book' from anywhere that sells plants & garden requisites.



RECIPE Special Quiche Lorraine with a few extras. Hope you enjoy.

INGREDIENTS

Cooked pastry case 23cm/8inch
 5 Large eggs
 225g Streaky bacon (chopped into small pieces).
 225g Shallots, onions or spring onions
 40g Butter
 400g Crème Fraiche
 100g Gruyere grated cheese
 Salt and Pepper



Cocilla-Obesia.com

METHOD

1. Whisk the eggs.
 2. Finely chop the shallots or onions fry in melted butter for 1 minute add bacon and cook (stirring) until brown.
 3. Mix eggs with the crème fraiche and grated cheese.
 4. Place bacon and onion mix into the pastry case spoon over the eggs etc.
- Cook at 190°C (170°C fan) or mark 5 for 30 minutes until golden and firm.
 Will store well in fridge for two days but also freezes well.

Tiptree Jam Factory and The Cheap Shop, Friday 16 August: ***FULLY BOOKED***

We are using a different coach company and pick ups will be Flitwick Village Hall; Aspects Leisure Park, Bedford & Biggleswade Market Square. Letters confirming your coach pick up details have now gone out.

EVE'S TROPHY:

The schedule has now been agreed and sent out in the mailing to your WI. Please ask your Secretary for a full copy of the schedule which includes the Rules for entering this popular competition. Entries to be brought together with a duplicate list of items to WI House, 62 Adelaide Square, Bedford MK40 2RW by 7th October. After judging, WI House will be open on 9th October between 10-1pm, for viewing the entries, after which time entries can be collected. Certificates will be presented at Meets & Entertains on October 16th. The classes are:

1. Gluten Free Lemon Drizzle Cake (recipe will be provided)
2. A Jar of Home Made Lemon Curd
3. Hand-Knitted Hat, Gloves and Scarf for age 12 years plus
4. Dried winter floral arrangement in teacup and saucer

Best Wishes *Liz*

Beginner Crochet Session with Nicola Saturday 18 May

We recently had a crochet day at WI House. Many thanks to Nicola once again and I am absolutely sure the members that joined us had a great day. We were shown quite a few stitches and also made a square. Hopefully Nicola will join us again towards the end of the year, for another course. *Liz*



Answers to Quiz Page 2

1. Here comes the sun
2. Sittin' on the deck of the bay
3. Lovely day
4. Good vibrations
5. We're all going on a summer holiday
6. Walking on sunshine
7. School's out for summer
8. Sunny afternoon
9. Cruel Summer
10. Watermelon sugar
11. Summer in the city
12. Island in the sun
13. Summer nights
14. In the summertime
15. Love shack
16. Can't stop the feeling!
17. Can't get you out of my head
18. Holiday
19. Rio
20. Agadoo

IMPORTANT INFORMATION

Now that we have reached a quieter time of the year for WI events, the Board are taking the opportunity to revisit our formal Policies and Procedures to ensure that they are all up to date and comply with current legislation. This will take some time to achieve, but over the next few months, please keep an eye out for the new documents as they filter through to our WIs.

When any new information is received it is really important that members are made aware of the contents, so that nothing is done by WIs or individual WI members that runs counter to the updated Policies and Procedures.

BEDFORD RIVER FESTIVAL Saturday 20th & Sunday 21st July

As mentioned in previous issues, we are attending this bi annual event and really looking forward to seeing as many members and families as possible who visit the Festival. We have requested that our stand is in a similar position as in previous years, i.e. very near the main Bandstand, right in the middle of the action!

We are expecting to have our Gazebo prominently placed and identified with lots of home created sunflowers and butterflies. We trust the endeavours of the members joining in the Making Day that took place on 20th June will be very much in evidence. There will be members of the Board of Trustees on hand, together with WI members from around Bedfordshire who have kindly answered the call for volunteers to help. At the time of writing, there is the scarf knitting enterprise planned, with one scarf being produced by lots of folk just adding their few rows. As you do.

The River Festival is a major fun event, to showcase the gorgeous Embankment which is a jewel in Bedford's Crown. Bedfordshire Federation of WIs is very proud to again be joining the fun and showing we belong to Bedfordshire!

EXCITING NEWS !

We are launching our new website which will be available to use very soon, and with this we will be moving over to Ticket Source for all our ticket sales. It will be all change but very exciting for Bedfordshire Federation. It will make it easier for the office to promote our activities and to keep members informed of events. It is also intended to assist the management of event sales. Watch this space!

And don't forget the Learning Hub which is available to all WI members via the NFWI main website.

CARERS IN BEDFORDSHIRE

Carers in Bedfordshire, our nominated charity of the year, www.carersinbeds.org.uk supports over 12,000 local unpaid carers of every age and offers a wide range of support, activities and advice. They have a mass of inspiring ideas and information on their web site and we are sure anyone who feels they need advice and help will benefit from calling the charity.

To register as an unpaid carer and discover more about their services go to www.carersinbeds.org.uk or call 0300 111 1919.

We are pleased that several Bedfordshire members took part in the charity walk around a very pretty but cold and blustery Priory Park Lake on Sunday 9th June and we look forward to reporting on how much has been donated to the charity as a result of this effort! Look out for pics in the next issue.

Would any WI with cheques for Carers In Beds please hand them in at our Meets & Entertains in October. Thank you! Elizabeth

From time to time we receive emails into WI House from charities and organisations who would like to make our members aware of their work, or in the case of the second item, would like to offer thanks for help already received following a request or feature in our national WI Life. We are always pleased to provide contact details for any member or Institute who would like to find out more.

IMPAKT HOUSING & SUPPORT

Eloise Adgar

Email address: fundraising@impakt.org.uk

Telephone number: 07856 919681

My name is Eloise and I am the Fundraising Officer at IMPAKT Housing & Support. We provide over 200 bed spaces of supported housing in Bedfordshire, and our mission is to end the revolving door of homelessness. We also offer three domestic abuse support and resettlement teams, a free-to-use food larder, and an affordable used furniture and boutique interiors shop which ultimately helps to support our other services. I'm getting in touch today regarding our food larder. It's open every Thursday and Friday and is in the heart of Bedford Town Centre. Due to the cost-of-living crisis, we're seeing a real increase in demand to feed vulnerable people. We're seeking your kind support to see if any of the groups in the WI Bedfordshire Federation would be interested in making food donations through a food collection, to help us feed more people in Bedford that need it most. Our food team have a van so they can collect

Kind regards, Eloise

Our assistance was sought regarding sending a thank you to all the members of Library Walk WI, who kindly sent a generous gift of craft item's for the members of Bronzefield Bees WI - the first WI to be formed in a prison. This gift came about due to an article in the February 2024 issue of WI Life concerning the Bronzefield Bees WI and their need for craft items. The member of Library Walk WI who organised this very thoughtful donation is a daughter of a member of Little Bookham WI, whose member, Jan Heasman was able to make the delivery of the gift to HMP Bronzefield. We were happily able to forward Jan's thanks to Library Walk.

The email came from: Jan Heasman. Surrey Federation of WI's, Co Founder of Bronzefield Bees WI
Member of Surrey's Prison WI Support Team

Finally, this email also came in very recently and we include it as likely to be of great interest to many, although too late for Armed Forces Week. As mentioned, anyone interested can look into taking part any time of the year. Please contact Rosie Gibbons for further details:

I'm a Regional Fundraiser for the veterans' mental health charity Combat Stress. We've recently kicked off a new fundraising campaign called 'Brew and Bake', where we're inviting people all over the UK to host coffee mornings and/or bake sales. The official event date is 27 June (during Armed Forces Week) but you can host whenever you like throughout the year.

If you're interested or want to know more, please just drop me an email or the team at the addresses below. Combat Stress provides vital support to veterans dealing with mental health issues, and your participation would mean a great deal to veterans and their families.

We'd be thrilled if you could host a 'Brew and Bake' event or help us spread the word. We would also be happy to present to you about the work of Combat Stress in person, or virtually if this is something you would be interested in.



Kind regards, Rosie Gibbons,
Regional Fundraiser and Brew and Bake Support Team
Combat Stress

**community@combatstress.org.uk or look at our website at
<https://events.combatstress.org.uk/event/brewandbake/>**

This month **Caldecote** had a very interesting talk from Lewis who works for the Sue Ryder St John's Hospice in Moggerhanger in Bedfordshire. He was very enthusiastic about his work in the marketing and events team who are responsible for raising over 70% of the funds necessary to run the hospice (approximately £18,000 per day)! He explained that Sue Ryder provide palliative and end of life care and do their best to give what the individual needs, including a last pint of beer from the local pub and a last visit from a pet horse! Lewis explained that Sue Ryder are now also working on providing bereavement support to families to assist in dealing with the practical and emotional issues after someone dies.

Local events [Sue Ryder Starlight Hike 2024](#) | [Sue Ryder, Bedford Running Festival 2024](#) | [Sue Ryder and Bedford Dragon Boat Festival 2024](#) | [Sue Ryder](#)

At **Leighton Buzzard** our May meeting had a party flavour as we celebrated our **40th** Birthday with a cake and ruby themed balloons and party favours. One of our founder members told us a bit about the history of how our WI was formed and brought along scrapbooks with reminders of milestones along our 40 year journey. Alongside these celebrations we still managed to fit in a speaker and this was Suzie Clarke with her talk 'Butterflies to Baked Beans'. Suzie regaled us with various anecdotes about her life and, even though some of these tales were quite poignant, she maintained her sense of humour and interspersed her talk by singing cheery songs which she accompanied with her guitar. After our meeting, our festivities continued when members enjoyed a fabulous three course lunch at a local golf club.



Wootton's meeting was a craft meeting, as we find members enjoy trying out new crafts as well as the social side of it. This month we tried our hand at painting positivity rocks, fabric bookmarks, several different types of cards for all occasions and finally glass painting. It was interesting to see the many unique items that were produced, we do have talented members. On a plus note we signed up two new members, which keeps our membership at a steady level. The monthly competition of "Your Best charity Shop Buy" was won by Sally Rowse with a Pets at Home cat igloo, retailing at over £20, which she had bought for £6.



Northill & Ickwell are made of hardy stuff and resilient to the English weather! Our May meeting was held in the afternoon in the rain at Moggerhanger Park listening to a talk given by Gary Middleton about Irises. Despite the weather it was lovely seeing the different Irises he has created and listening to how he hybridises them to obtain the many beautiful colours and variations. Gary gave an interesting talk, handing round seed pods and colour variations. He was extremely enthusiastic about his subject. As Moggerhanger Park tea rooms are closed on a Tuesday, after the talk we all went back to our President, Margaret Montgomery's house for tea and cake.



Cont/.....

In May, **Henlow** had speaker David Duker come deliver a talk on 'The Remarkable Story of Battle of Britain Pilot Squadron Leader Victor Ekins MBE DFC'. It was a fascinating evening and David had everyone captivated as he spoke about Victor and many other men from the same time period. We are looking forward to our monthly walk and hoping for a dry evening before we head to the local pub.

Biggleswade also enjoyed David's very interesting talk and slide show about Squadron Leader Victor Ekins who was born in St Neots and lived in Biggleswade. David has done a lot of research around this man and has subsequently written a book called 'One of Our Own' which he had for sale at the meeting. We invited husbands and partners of our members as we thought they would be interested and 5 attended.

Clifton were honoured to host a truly inspirational speaker to our May meeting, attended by 45 members and 10 guests. Caroline Coster MBE spoke of her Covid journey from the start and through her long fight back to recovery, despite sadly suffering quadruple amputation due to sepsis. Caroline humbled us with her motivation to live life despite her disabilities and proved this by her stories of hot air ballooning, snow walking in the Arctic and her unaided journeys into London by public transport and many other remarkable achievements. She has become a campaigner for disabled people and is now in training with her assistance dog. We hope she will return to us with her dog, to demonstrate the help this will afford her. Next month, weather permitting, we will be holding a Garden Cream Tea and Jam Tasting afternoon.

Tilsworth & Stanbridge had a talk from Angela Tarbox, a professional advisor on decluttering. Angela advises that you take small areas at a time, take a photograph before you start, so you can see what you have accomplished. Perhaps start with the drawer or cupboard where we all have that medication, some of which we no longer use (but don't want to waste by throwing it), or is out of date. Strip the blister packs out and put the packaging in for recycling. All the medication can go to the chemist for safe disposal. Next perhaps move onto the airing cupboard, sort out to piles of bedding, towels, miscellaneous items. Check condition and put in order of favourites - do we really need 20 sets of duvets?? Spares can be donated to the Salvation Army, some charity shops and of course towels can go to animal rescue centres. So, pick your favourites and move the remainder out of your life.

If you have 'family' items, put a WhatsApp group together and post pictures of family items, asking if anyone would like them before you send them to charity or sell them. Don't forget Facebook, Vinted, Shpock etc all sell items for you. Treat yourself to lunch out when you have earned enough money to pay for it. Gradually you will feel less cluttered, stressed and find keeping your home clean and tidy, much easier.

Angela has lots more hints and tips, her contact details are as follows: Angela@yourspacefreed.co.uk, 07519925348.

Chalgrave are a very busy lot and apart from their varied programme of speakers and events, they have a book club and walking group. They have kindly supplied us with images from their equally active crafting club - we particularly like their banner made to celebrate the Coronation of King Charles III —fantastic work! Also in their 'look what we've been up to' report, the Ed spotted these:



WHARLEY END WI

Present an Evening with
"THE TURF TAPPERS"

Saturday 21st September 2024, 7pm – 9pm

Come and join us to listen to a unique version of Country Music with the opportunity of Singing along and Tapping your Feet

Including a Fish and Chip Supper during the break

Please bring your own drinks and glasses

at **Cranfield Community Centre, Thillans, MK43 0WP**

Tickets £18

Please contact: Diane: 07860 622276 or
Shirley: 07890 162646 or Dawn: dawn@ashwell.co.uk



BCFWI
CHRISTMAS GIFT & CRAFT
FAIR 2024
SATURDAY 23RD NOVEMBER
10.30AM – 4PM
FLITWICK VILLAGE HALL MK45 1HP

THERE WILL BE A VARIETY OF STALLS
SELLING HANDMADE GIFTS, CARDS,
CRAFTS AND LOCALLY PRODUCED
PRODUCTS. HOMEMADE CAKES WILL
BE ON SALE AS WELL AS OTHER
REFRESHMENTS IN
THE WI CAFÉ.