

Thornborough & Thornton W.I. Report October 2016

Magnesium deficiency can cause constipation and beetroot helps to lower blood pressure. Be reassured that it's hard to take too much of a vitamin D3 supplement and ginkgo is good for memory. These were some of the take-home messages from a talk the other day by Tove Biagi who owns the "**Back to Nature**" Health Food shop in Buckingham.

There was loads more to chew on and an array of 'tasters' including tea and a brand-new all singing and dancing supplement called 'Source of Life Gold liquid' - absolutely delicious, expensive but the ultimate multi-vitamin apparently.



Tove and her colleague Clementine spoke knowledgeably to the assembled and impressed with their careful assertions and experiences of the world of good health. Everyone went away determined to eat less refined sugar and bathe in Epsom salts.

Other news from the ranks includes the fact that unlike last year, we did not win any prizes at the Bucks show, but of course it's taking part that matters. We also celebrated 80 years of the Thornborough & Thornton W.I. with a birthday party at member Veda Murphy's lovely house which as everyone knows, is a haven for teas, suppers, lunches - at any kind of large-scale catering, Veda's your girl. At this event, there were many contributions, including a house treasure hunt, devised by the ingenious Dee and as ever, with one of our events loads of WI related bunting.

Not that we needed much bunting at the Harvest Supper on 7th October. Attention was focused on providing 40 local guests with a delicious supper topped by WI Member Gill Bonner's legendary pastry - apple pie no less and custard. Gussie, our local vicar, delivered one of her lovely speeches in praise of harvest time but reminding us all of our bounteous good fortune in relation to news from afar, where parent-less children are alone and hungry. This was a sobering and timely message for those of us in Thornborough & Thornton whose lives are largely untroubled by war and famine.

At our last WI meeting (5th October) we welcomed 3 new members to the fold and would remind others, in the village & in Thornton, that it's never too late in the year to join. You can participate as much or as little as you wish from a menu of events here and elsewhere which is wide-ranging and of interest to most women (men probably too, but they're not allowed in on a regular basis!). Warm greetings are guaranteed.

Cath Sayer