

WI report June July 2019

Here's some advice you've probably heard before, but if not, hopefully it will be music to your ears:

- Clean your house/clothes less often
- Open a window rather than using air fresheners
- By using organic skin care products, you can reduce exposure to dangerous chemicals by up to 515 a day.



Should you wish to take up spinning your own woolly products on a hand wheel, here are some interesting facts:

- You'd be in good company; spinning has been going for 5,000 years
- It takes 4 days to process a fleece
- It takes 4 hours to spin 2 bobbins of wool

The last two talks at W.I. have been absolutely riveting, by women who really know their subject, are enthusiasts and advocates and were thoroughly enjoyable to listen to and admire. First, was Maria Greenhill, intent on reducing our chemical load, pointing out all the danger spots where chemicals are used in abundance by suppliers – and suggesting alternatives. As far as food goes, she warned us to be sure to wash all veg and fruit as pesticide residues are legion. Her advice was to buy organic – not surprisingly!

In July, Gilly Pusey spoke to a packed house (aka village hall) about her passion for sheep, fleeces, spinning, knitting and dyeing fabric with natural colours, such as bark, flowers, leaves and highly recommended – onion skins. All of this represented half a hobby, half living for her, but you can imagine how members of the audience, many of whom are devotees of such crafts – hung on her every word.

After both these events, cake was served (courtesy of the Community café) with the usual business: who 's doing what, where, how and with whom; all part of the W.I. We've enjoyed quite a few new members of late, but are always ready for more. Please consult our website www.thornboroughandthorntonwi.org for further information and/or come to our next meeting.

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