



Hello Everyone

As you all know, this should have been the month of our Summer Party which is an event we all look forward to and enjoy attending but sadly, as with so much at this time, it has been cancelled.

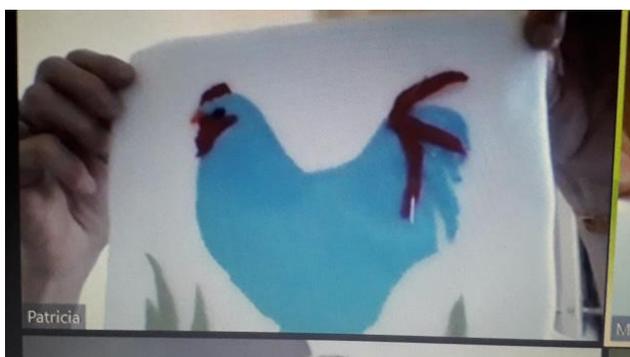
With very little feedback from members to the previous Newsletters, we will let this one suffice for July and August. Do get in touch with anyone of us on the Committee with anything you would like us to include in the next Newsletter. We hope to be able to bring you news on when our meetings might be able to start up again – possibly September at the very earliest or maybe October – it's hard to say. We are having to wait for guidance from the Village Hall Management Committee, who will in the first instance need to undertake an in-depth Risk Assessment of the Hall before issuing guidance to user groups such as ours. We are also awaiting guidance from Suffolk East Federation of Women's Institutes who will be issuing guidelines following Government advice. It is obviously in the interests of us all that when our meetings resume that they can be conducted in a way that is enjoyable and relaxing.

July Birthdays

We have two in July and six in August so please join us in wishing Eileen, Marian, Sheila Bayfield, Venessa, Lynne, Carole, Rosemary and Barbara very happy birthdays. Cards and pens will be posted to you all.

Haughley Sewing Project

Even though there has been no response on this to date, we thought it worth running again in case any of you might be interested. Do you fancy having a sewing project to do and have a few scraps of material lying around? Rosemary came across an idea which we thought could be adapted as a project our WI might be able to do in conjunction with the Haughley Knitting Group. The idea is to take a piece of fabric measuring length 22 cm x height 24 cm and to stitch or paint an item onto it. The theme for the item to stitch or paint onto the square is nature so your square could have on it a flower, a bird, an insect, a tree or something else – whatever takes your fancy. When the time is right, we then plan to string all the squares together to form bunting so you will need to allow an overlap at the top to allow for tape to be passed through it which we can hopefully display in Haughley and/or use at any stalls we may have. So do please have a sort through your material scraps and have a go. Once made, please hold on to them for collection at a later date. If you have any questions, please contact Pat Chinery, tel: 258821. The one on the left was made by Pat C and the one on the right was made by Pat B. Lovely – well done!



HAUGHLEY WI JULY AND AUGUST 2020

Favourite Recipes

Thank you Sandra for the following two.

HUMMINGBIRD CAKE

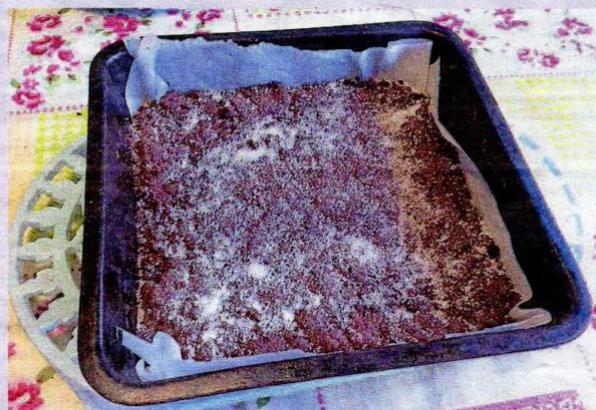
| | |
|---|--|
| 250ml olive oil plus extra for greasing | 1 tsp vanilla extract |
| 350g self-raising flour | 75g (2½oz) pecan nuts plus Extra for decoration |
| 1 tsp cinnamon | <u>Icing</u> |
| 350g golden caster sugar | 480g icing sugar |
| Large pinch Sea Salt | 150g butter room temp |
| 4 medium very ripe bananas | Cream cheese |
| 1x 425g tin of pineapple chunks | 2 limes |
| 2x large eggs | |

Method

1. Preheat the oven to 180°C / 160°C Fan / Gas Mark 4.
2. Grease and line two 23cm round cake tins.
3. Sift the flour and cinnamon into a mixing bowl, add the sugar and salt.
4. Peel the bananas and mash them with a fork in another bowl.
5. Drain and finely chop the pineapple and add to the bananas with the oil, eggs and vanilla extract. Mix until combined. Fold into the dry mixture until smooth. Finely chop the pecans & gently fold in.
6. Divide the batter evenly between the tins and bake for 35 to 40 minutes, or until risen, golden and the sponge springs back when touched lightly in the centre.
7. Run a knife around the edge of the tins, leave to cool for 10 minutes before transferring to wire racks to cool completely.
8. To make the icing, sift the icing sugar into a bowl, add the butter and beat until pale and creamy. Add the cream cheese, finely grate in the zest of 1 lime and add a squeeze of juice, then beat until just smooth it's really important not to over-mix it.
9. Spread one half of the sponge with half the icing. Top with the other sponge, spread over the rest of the icing, grate over the zest of the remaining lime and extra pecans.

Alishia Boon, The Brook Inn

A school dinner favourite



Chocolate crunch

Picture: CONTRIBUTED

This recipe for chocolate crunch, by Anne Hayward from Stowmarket, will take you right back to your school days.

Ingredients

8oz/225g flour (see note)
4oz/110g sugar
1 egg
4oz/110g margarine
3-4oz/85-110g cocoa powder

Method

1. Mix the dry ingredients together. Lightly whisk the egg.
2. Melt the margarine, then stir

in the dry ingredients and the beaten egg.

3. Press into a greased tray approx 8in x 6in/20cm x 15cm and brush the top with water. Sprinkle with sugar.

4. Bake at 140°C (fan oven) for 30 mins. Cut into portions and leave to cool.

Note: If you want a really hard, crispy crunch - known as 'hoppit' as that is what it does when you try to cut it - use all plain flour. For a more manageable crunch, use half plain flour, half self-raising flour.

Limerick Competition

As we have only received one vote for this competition, it is probably best if we defer choosing our favourite one until our next face-to-face meeting when all entries can be displayed. We have however received a late entry and given that we are delaying the voting, we will allow it in!

Haughley in Bloom

Well done to Yvonne Hannan and the HiB team for making all the containers around the village look so beautiful during these challenging times.



**HAUGHLEY WI
JULY AND AUGUST 2020**

How's your spelling?

*Eye have a spelling checker
It came with my pea sea
It plainly marks four my revue
Miss steaks eye kin knot sea*

*Eye strike a key and type a word
And weight four it two say
Weather eye am wrong or write
It shows me strait a weigh*

*As soon as a mist ache is made
It nose bee fore to long
And eye can put the error rite
Its rare lea ever wrong*

*Eye have run this poem threw it
I am shore your pleased to no
It's perfect awl the weigh
My spell checker tolled me sew!*

SEFWI Stop Press

Please see the separate attachment which, amongst other items, includes information regarding subs.

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And to you all, please keep safe and well and follow the guidance from the Government. For more information and support here again are some trusted sources you can access:-

www.nhs.uk

www.suffolk.gov.uk

www.volunteersuffolk.org.uk

www.healthysuffolk.org.uk/projects/5-ways-to-wellbeing

With very best wishes from

Marian, Doreen, Pat B, Pat C, Yvonne, Sandra, Veronica and Rosemary

PRESIDENT: _____

DATE: _____