



... the conversation starts here!

Monthly: 29<sup>th</sup> January 2021 – Edition 17

## Welton in the Raw

I don't know about you but these cold, dank mornings give me an extra job to do, wipe the windows of condensation. It can have a benefit though as it makes me stop to look the windows, firstly to see what my neighbours are doing, a good neighbourly thing to do of course, and secondly to look over my back garden to form a plan of action to tackle it!

Such an event happened a couple of weeks ago. I was not wearing my glasses and I thought to myself, 'That's a big ginger cat next door' which was washing itself, so I stopped what I was doing and watched. The animal eventually moved to its side to wash which was when I thought, Oh, what big ears you have', then it stood up, it



was a beautiful dog fox. He walked around my neighbour's garden and then found its way into mine where he slowly circumnavigated

the perimeter looking for the occasional strange smell. He was so relaxed and obviously not thirsty because he did not bother with drinking from the pond but went back next door and sat in the same spot on the lawn before finding his way back into the field. I am so looking forward to meeting Reynard again someday.

I have never seen a fox at such close quarters and never in my garden, it was magical.

Margaret J

## A tried and enjoyed exercise site for those with arthritis

Not everyone is able to take advantage of a dry day or wanting to go out on a wet one and this website which you subscribe to free of charge, offers a weekly set of exercises targeting different sets of muscles in a simple but effective movement demonstrated by the instructor working with his mother.

[letsmove@versusarthritis.org](mailto:letsmove@versusarthritis.org)

*Irene is both enjoying and benefiting from this website and will update us next month with her progress*



## WI Update

Well ladies, we are certainly up for giving it a go and 25 of us joined together for our first speakers monthly meeting.



Sarah Speed-Andrews our florist showing us how to arrange supermarket flowers was incredibly talented and inspiring. Her encouraging have a go attitude and don't be afraid, certainly tempted two of our



attendees who had whipped up these creations by Saturday noon! Poor Aldi must have wondered what was going on!



As I sit looking at the snowy scene from my window, it may seem strange to be thinking about gardening. However, now is the time to be planning for a spectacular summer!

Think about buying seeds, bulbs, corms and tubers for a succession of flowers in spring and summer. You can order your dahlias, gladioli and allium online for delivery in the next few weeks. My favourite supplies are;

<https://www.rhsplants.co.uk/rhs-spring-catalogue>

<https://www.sarahraven.com>

<https://www.dobies.co.uk>

Or if you prefer to shop locally, Crick Garden Centre (01788 824774) have a very good supply of dahlia tubers and will take orders and payment over the phone, for collection from their car park.

Jobs in the garden will be back next month.



## Members Snippets and Posers

What better time to enjoy homemade soup? These recipes are some saved treats previously sent to us by Carol T....

### Yellow Pepper Soup

2 x onions fried, 4 x large (5 x small) yellow peppers, 1 pint vegetable stock.



#### Method:

1. Slice peppers and put with fried onions. Remove most of the pepper seeds.
2. Add vegetable stock and simmer until the peppers are soft.
3. Blend.

### Pea and Mint Soup

100g (4oz) butter,  
 1 large onion roughly chopped,  
 1kg frozen petit pois,  
 850mls (1 ½ pints) vegetable stock,  
 large bunch of mint, 1-2 tablespoons mint jelly, salt and fresh ground black pepper, little crème fraiche to serve



#### Method:

1. Melt the butter in a large pan, add the onions and fry about 5 mins.
2. Add the peas and fry another 2 mins.
3. Add the stock and bring to the boil.
4. Remove the leaves from the mint stalks and set them aside. Add the stalks to the pan, bring to the boil and simmer 5-8 mins or until the peas are tender.
5. Stir in the mint jelly. Remove and discard the mint stalks and stir in the mint leaves.
6. Whiz in the food processor until smooth.
7. Return to the pan, season with salt and pepper – serve either hot or cold with a swirl of crème fraiche and crusty bread.

No need to return to the pan if freezing it – just add the salt and pepper.

Two more delicious soups to share in your next edition ..



### Can you recognise the Northamptonshire village?

1. The home of a local famous paté
2. If it is made in Great Britain it is usually
3. To keep the “ticker” in good condition
4. Give a good telling off when child is naughty
5. A very good night at the theatre indeed
6. You always get one at weddings



### We wouldn't be in the WI if we didn't plan ahead

We may only be allowed to currently walk local but the link below is a delightful diary of walking bloggers who suggest walks within Northamptonshire. We are sure it will bring back memories of not so long-ago rambles and help plan future meanderings.

<https://northamptonshirewalks.co.uk>



### Lockdown is with us, again, and here's what we can we do to keep ourselves occupied .....

Do you remember we mentioned Dualingo in an early edition? It is a free interactive opportunity to brush up or explore new languages. [www.dualingo.com](http://www.dualingo.com)



The Virtual Village Hall is a programme of themed online activities including

- 💡 Creative arts and crafts
- 💡 Music and singing
- 💡 Cooking and baking
- 💡 Dance and exercise
- 💡 Technology skills
- 💡 Reading and Writing
- 💡 Gardening and the Outdoors



Sessions are designed to enjoy at home and led by expert tutors. Something for everyone to explore!  
[www.royalvoluntaryservice.org.uk/virtual-village-hall](http://www.royalvoluntaryservice.org.uk/virtual-village-hall)



### Can you unscramble the letters to find ten US state capital cities?

|             |              |
|-------------|--------------|
| GRYOMOMENT  | ILLSHAVEN    |
| OXENHIP     | SHORTLANCE   |
| SMARTOCEAN  | INLAIDPIANOS |
| HASLATEALES | LONESPERMIT  |
| APLAINSON   | CUBALIMO     |

