



## **Wolston WI News – November 2018**

### **Hula Hooping !**

It has been a busy month as some members have attended a literary lunch, a talk about Alice Hawkins, who was perhaps a lesser known suffragette from Leicester, and had an afternoon tea on a steam train. Members had the opportunity to see the difference how a railway station would have looked in that period as compared to the ones we know now. Old style luggage was displayed on sack trucks, original advertising signs and I had forgotten that at one time ladies had their own waiting room.

As part of our centenary celebrations we decided we would like to do something for the village, so we have planted spring flowering bulbs around some of the trees near the bridge. We are looking forward to seeing the flowers in the spring.

The first of two willow workshops has been held where members were able to make small Christmas decorations such as stars, reindeers and Christmas trees.

John Parnell came to talk to us at our November meeting about hula hooping. He showed us two clips from when he appeared on the television show British Got Talent. He informed us he spends a lot of time going around schools teaching children how to hula hoop with the aim of encouraging them to have fun whilst keeping fit. He assured us that nearly everyone can 'hoop' no matter what age but that it was important to have the right hoop. He said hoops were originally made of canes or reeds, but most were now made of plastic. It was important that the hoop is not too soft or supple or too small. The size of hoop depends upon your dress size rather than your height and although a lot of people think if they have a smaller hoop it is easier, he said that was not true. After giving us a demonstration and instructions members took to the floor to test their skills - some with more success than others.

It was at the December meeting in 1918 that our W.I. was formed so next month is definitely party time as we complete the celebrations of our centenary year. Of course, that is not the end because we have an interesting new programme to look forward to next year and I believe we are having Bollywood dancing at our January meeting.

*Jean Morgan*