



FOR 100 YEARS

Chairman's Chat

Hello again Everyone.

Well it's nearly the end of May and still very little sunshine, our swallows haven't arrived, I do hope they'll fly in soon. I hope those of you who are already meeting together are enjoying each other's company and you haven't got too wet. I know one WI met in a church one wet night and another braved it out in the garden - you're a hardy lot!

I wonder how many of you are going to the NFWI Annual Meeting on June 8th? I've been many times now and loved it every year however, I've never attended one online, it's going to be a new experience for us all. The first time I went was to The Albert Hall when I lived in Cheshire. As anyone who knows me will tell you, I'm a bit of a country mouse and I had to find my way from Crewe Station to London! Cheshire Federation didn't run coaches to the meeting in those days. Fortunately I wasn't the only little mouse going South and I got talking to a WI lady who I palled up with for the day. When we got to Euston, we got a taxi to The Albert Hall, thinking it was the best option to get there for sure. We arrived in good time, managed to sit close to each other, had lunch together and then left the hall after a great day to find a taxi back.....but during the day, the underground, buses & trains had gone on strike!!

A few buses were running but where and when was totally random. We looked at each other in horror what do we do? We were obviously looking horrified when a gentleman with a cut glass English accent carrying a blue bag indicative of him being a barrister as it was the type of bag they carry their gown and wig in said, "Can I help ladies", we explained our plight, "follow me I'll get you to Euston" he said, waving his rolled umbrella in the air, my new friend and I plus half a dozen others followed him like the Pied Piper to another bus stop about quarter of a mile away where we did indeed find a bus to the station. Oh what a relief, I don't know who he was but he went right out of his way to help us, a knight in shining armour you may say. I recounted the story to Graham when I got home who said "What, he could've been anyone with a blue bag and you just followed him", but I reckon we had it covered, one man versus 8 WI Members not a chance!!

I hope this year will at least be easier to get to as you won't need to leave your arm chair. However, as you're at home, there's nothing to stop you stretching your legs, getting a cup of tea or whatever you like. Whatever you do, enjoy it. Speak again soon.

Julie Higgins, Federation Chairman

Hello from the WI Office On 1 June Rachel H will be sliding out of her slippers and into a pair of shoes, when the two Rachels will be reunited and both working from the WI Office again. Hooray! The office is officially open to members who wish to pop in, we just ask you wear a face mask.

Just a little reminder this issue, please remember to always include a reference with your payments whether they are by BACS or cheque.

We're really looking forward to seeing you all ♥

Rachel Hows and Rachel Sparks, WI Office team

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01284 336645 | office.swfwi@gmail.com | Reg. Charity Number 1179294

Open Tuesday-Thursday 10am-4pm

BACS payments can be made to SWFWI CIO | Sort Code: 089299 | Account number: 65868449



Events

Stem Cell Donations with **DKMS**

Friday 28 May | 2.30PM | FREE | Zoom

Click [here](#) to book via Eventbrite**

Join us on World Blood Cancer Day to learn about the importance of stem cell donations as part of the WI [Make a Match](#) campaign with guest speakers Hannah Thomas of [DKMS](#) and Suffolk West member Eirwen Phillips who has her own life saving story. ****Bookings can only be made via [Eventbrite](#) as the WI offices Thursday at 4pm.**



NFWI Virtual Annual Meeting 2021

Tuesday 8 June | 10.30-4.30PM | £9

Tickets on [My WI](#)** until 4 June

Held on a bespoke virtual platform with guest speakers HRH The Countess of Wessex, Commissioner of Police Dame Cressida Dick and Rt Hon the Baroness Hale of Richmond. One ticket covers one device, there is no limit to the number of people viewing each device (apart from Covid regulations) so why not get a group together to make a day of it. ****Details on how to register in Issue 29. Please remember, tickets are only available from My WI and not the WI Office. Ticket sales have been extended until 5pm on 4 June.**

Bury In Bloom with David Irvine

Thursday 10 June | 7.30PM | £5 | Zoom

Book via [Eventbrite](#) or WI Office

David Irvine has been the Co-ordinator for Bury in Bloom since October 2019 and in this his 2nd year in post he tells us about "stepping up to the plate in a roller coaster year". Founded in 1986, Bury in Bloom is key to keeping Bury as one of the UKs foremost floral towns. They



encourage community participation with gardening across the ages, from preschool children to residents in the towns nursing homes, whilst raising awareness of the environment, biodiversity and sustainability.

Stand Up Paddle Boarding | Henny, Nr Sudbury

Wednesday 23 June | 3PM | £20 per WI Member*

Book via WI Office

Do you want to try paddle boarding but don't have a board, don't know where to go, need somebody to guide you or don't want to go by yourself? Well this



is your opportunity to join in with a guided one hour session in the company of friends. You start on your knees and can paddle like that if you prefer. You don't need to be able to swim as personal flotation devices are supplied. We will meet and finish at The Henny Swan (CO10 7LS) where we can have a refreshing drink in the gardens after our exertions. ****Cost is £20pp (WI Members only) in groups of 6 (costs may increase for smaller groups), incl. equipment hire & tutor.**

Decorated Bottle with Margaret Brackenbury

Tuesday 29 June | 7.30pm | £5 | Zoom

Book via [Eventbrite](#) or WI Office

Our resident crafter Margaret will show you how to recycle an empty bottle using serviettes.

To take part you will need:

- A clean empty bottle (label etc removed)
- One or two pretty serviettes of your choice
- PVA glue and a paint brush
- Glitter (if it's your cup of tea)
- Flowers, cut out butterflies, buttons or anything you have to hand to decorate
- A length of matching narrow ribbon/string/raffia
- LED rice lights (not essential but you can find these in Poundland sometimes or on Amazon)



Events **continued...**

Madingley American Cemetery Tour | Cambridge

Wednesday 7 July | 2PM | £5 | Book via WI Office

Take a fascinating guided walking tour of the American Cemetery in Madingley. Due to Covid restrictions you will need to make your own travel arrangements, maybe car sharing if you feel comfortable. It's approx. 37 miles (45 mins) from Bury. The tour will last 45 mins, you're welcome to join us for part of the tour if you prefer to not walk too far. There is a nature reserve on site where you can picnic or you can visit the Coton Orchard Garden Centre (CB23 7PJ) nearby for lunch or a coffee. Tickets on sale until 30 June.



Shakespeare in the Park | Park Farm

Saturday 10 July | 7PM |
£10 adults, £6 under 16s

Book via the WI Office

Rustle up a picnic (maybe a bottle of wine) and make sure you bring a chair or a blanket to sit on, to enjoy one of Shakespeare's most charming comedies *All's Well that Ends Well* presented by Durham University's Castle Theatre Company outside in the grounds of Park Farm. Both a raffle and our Suffolk West merchandise will be on sale too, so don't forget your pennies, and your masks to use the toilets. We anticipate this event will go ahead whatever the weather, unless considered too dangerous, so please keep in mind refunds will not be issued unless this event is cancelled or your ticket can be resold.



Tales from a Dairy Farmers Wife with Jane Barnes

Thursday 29 July | 7.30pm | £5 | Zoom

Book via [Eventbrite](#) or WI Office



Farmer Barnes' Dairy is a proud working British Dairy Farm and is committed to teaching people about modern dairy farming, producing milk for the award winning Blue Stilton Cheese. Jane's amusing stories, real

life anecdotes and farming tales make superb listening; from being a dairy farmers' daughter, to meeting her husband at Young Farmers Club, to running her own dairy farm since 1992, whilst bringing up a family, life has never been dull.

Ritz Afternoon Tea | The Guildhall

Tuesday 17 August | 2.30PM | £20

Due to social distancing this event is currently limited to 40 seats. If restrictions are lifted then we hope to be able to increase to 80. Our waiting list is now over subscribed so for the time being is closed. We will keep you posted.



Coming Soon

Night of the Jersey Boys
Risby Village Hall

Saturday 2 October
7.30PM

Bookings not open yet!
More info in future issues.



Sound of Wales in Suffolk | The Apex

Saturday 27 November | 7.30PM | £22 per person

Book via The Apex [here](#) or 01284 758000**

The London Welsh Rugby Club Choir are back to entertain you with popular tracks to traditional Welsh melodies.**Tickets can only be purchased via The Apex.



Public Affairs Memo: WI campaign news

BEWARE! "Package Delivery" Text Scam

Following on from our Friends Against Scams event with NatWest, we wanted to bring to members attention that scammers have found a new method to target victims, and are now sending text messages purporting to be from either a delivery company (i.e. DPD, Hermes etc.) or Royal Mail.

If you receive one of these messages (similar to the image to the right), and of course aren't expecting a parcel, then follow Vodafone's advice to ignore, report and delete immediately.

Your phone will also have the option to block the number from sending you any further messages.

Keep Safe ♥ Gwen Williams, PA Chairman

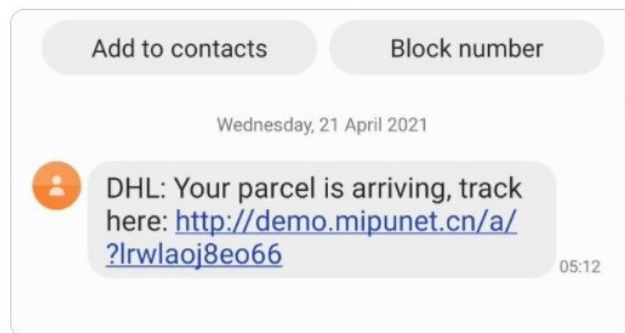
**! SCAM TEXT ALERT !**

If you receive a text message that looks like the one below:

IGNORE: Do not click any links.

REPORT: Report it by forwarding to 7726.

DELETE: Remove the text from your phone.



Keep Peat in the Ground campaign Our Climate Ambassadors (Lesli Tunbridge, Jackie Coote and Pat Collinson) have been busy campaigning for our planet, and ask all our members who are keen gardeners to choose peat free compost this year.

Why we need to leave peat in the ground



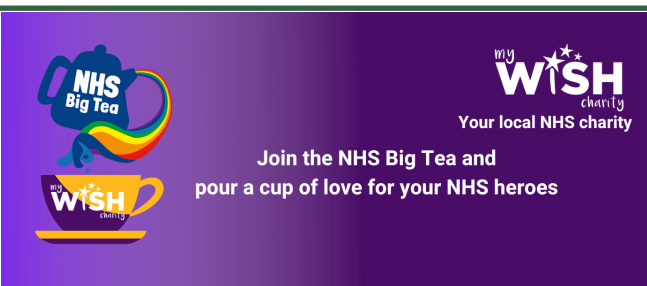
When peat is harvested for potting compost, habitats are destroyed and carbon dioxide is released, adding to the planet's climate change crisis



Peat bogs are important habitats for a diverse range of plants and animals. Peat bogs are the world's second largest carbon store after oceans

69% of UK peat usage each year is by home gardeners who are probably not aware of the damage being done

Peat-free compost is available – please try it for the sake of our planet



West Suffolk NHS Foundation Trust has cared for us over the past year in such an amazing way. Now you can join a national outpouring of love for our NHS champions this July by taking part in the nation's biggest tea break to raise money for our local NHS charity [My WiSH](#).

Find out more and how to sign up [here](#) or download a poster [here](#) to start promoting your NHS Big Tea today.

If you are unable to join in the Big Tea but would still like to support My WiSH then there's plenty of other ways you can get involved. For the crafters among you they are in need of:

- Pairs of stuffed red knitted hearts for the critical care unit. One heart stays with the patient and one goes home with their loved one.
- Syringe driver bags for men (turns out the chaps aren't all that keen to carry a bag with flowers on!). Patterns available from WI Office.



featuring the Wonder Women who keep Suffolk West thriving!

Name: Brenda Last

Federation Role: Federation Treasurer

What is the purpose of your role? To keep an eye on the Federation finances and keep the Board of Trustees informed about them. I also do the payroll for our two paid part time staff.



Member of: Stanton. Also previously a member of Hepworth and Barningham.


How long have you been a WI member: I have been a member for 33 years since I moved to Suffolk.

Your favourite thing about being in the WI? Meeting new people and learning.

What's your background: Born & bred in London, I have a degree from University of York, and worked in local government all my life except for 8 years off when I had my children.

Favourite quote: impossible to say as too many and usually change frequently. Current quote is "Have nothing in your house that you do not know to be useful or believe to be beautiful" - William Morris. Very useful if you are thinking about downsizing!

Hobbies & interests: reading; sewing, travel & eating out.

Did you know you can raise funds for SWFWI every time you shop online? We're registered with  **easyfundraising** feel good shopping which means over 4,000 retailers will now donate to us for FREE every time you use easyfundraising to shop with them online. It's free and simple to use. Click [here](#) to sign up and support us ♥

ACWW Women Walk the World

Earlier this month members from across Suffolk West raised money for ACWW by donning their walking boots to walk in support of women in developing countries.



Jo Porth (third from left) and Linda Bevan (behind the camera) joined with Radwinter WI in Wimbish.

"We explored some new parts of our nearby countryside and saw a good selection of animals on the way. Luckily, a phone app was available to tell us we had burned enough calories for us to have a piece of cake each at the end. And even better - we have been inspired to organise a similar walk in Sturmer with our Sturmer and District WI members." - Linda Bevan.



Ladies from Moreton Hall WI gathered for a socially distanced walk at Nowton Park, raising £25.

Glemsford WI members enjoyed a breezy blue sky walk whilst raising money for ACWW too.





The Daisy Chain



Linking together our WI members across the county

Horringer Court WI Our walking group met at Bradfield Woods to check out the bluebells. We were very lucky and also found:

Greater Stitchwort - used to cure stitch. Stitchwort and acorns in wine was the standard remedy.

Spurge - poisonous milky white juice from the stalk & leaves can burn off warts. In Africa it is used to tip poisoned arrows!

Yellow Archangel - protects against evil spirits.

Burdock - juice was used to counteract snake bites & rabid dog bites, to sooth burns & the flow of urine. Leaves could also be applied to sores & ulcers, its seeds treat sciatica. Its young stalks can be used as a salad ingredient, boiled & eaten with melted butter, or added to meat broth.

Dandelion - leaves are high in vitamins A & C and are tasty in salads. Wine can be made from the flowers, & dried roots are a coffee substitute.

Bluebell - bulbs were used to make glue & contain starch that Elizabethans used to stiffen their ruffs.

Ransoms (wild garlic) - leaves can be chopped to flavour dishes.

Lucy Frommings, WI Committee



Great Ashfield & Badwell Ash WI Following Boris's Covid roadmap, we moved our May meeting a week later so we could all get together outside. The plan was to meet on Badwell Ash Playing Field and to have our AGM. On the day of our meeting the skies darkened and the wind began to gust up to 40 miles an hour so we had to resort to plan B. We wrapped up warm and relocated to a large empty grain barn and went ahead with our meeting. Our WI Adviser Janet Brown joined us and organised the ballot for voting. Our committee and President were all re-elected. It was so lovely to finally catch up with members that we haven't seen since last summer.

Kate Sadler, Secretary

Risby WI 'Goes Abroad' Last summer, our committee decided to 'bite the bullet' and sign up with Zoom to hold our meetings online. We held a trial run in August with local WI husband, Graham, giving us an illustrated talk; in September we were a little more adventurous and had WI daughter Morwenna to talk to us from the Cotswolds. Emboldened by the success of these evenings, we decided to venture further afield, literally – but not just with speakers.

When Penny, a long established Risby member suggested that it looked like it would be a while before her sister, Bridget, would be 'tagging along' with her to our group and book club meetings again, as she often did on her regular visits to the UK, it seemed quite logical that we should invite her to join us on Zoom. So we invited Bridget in Denver, Colorado, USA to join us online. Over the months Bridget has become a dedicated follower: to join the book club, which meets at 2pm UK time, she must be up and out of her pyjamas by 7am US time – how's that for dedication? She's given us an insight into living with two feet of snow, enduring the Presidential election campaign and more recently the roll out of the Covid vaccination programme in the US.

Encouraged by this, Kate, another longstanding Risby member, suggested that as her Mum's WI in Birmingham was 'on hold' due to Covid, she too might enjoy meeting up with Risby WI, whom she had visited on several occasions pre Covid. So, we added Gloria to our Zoom invitation list too.

It's really interesting to hear first-hand about what is going on elsewhere in the UK, and like Bridget, Gloria has joined our book club meetings too. Gloria, like Kate is a great crafter, and the items on her tailors' dummy always make a fascinating background to her presence and a great talking point!

Marilyn Lidster, President