



Chairman's Chat Hello Everyone. Well what a landmark weekend we've just had, the celebration of 70 years of Her Majesty's accession to the throne. There must be many like me who have only lived in the second Elizabethan era and frankly the idea of anyone else on the throne is really odd. My grandson once asked me if I remembered her being 'coronated' well no not really, I was only six months old but I was there. I do remember my mother telling me she'd spent the day making sandwiches, cakes and tea for all the friends who gathered in the sitting room to watch the Coronation on their television. My father made the TV from a kit apparently, a tiny box full of valves and other things they used to contain, the screen being no bigger than an iPad so quite how



much anyone saw, I'm not too sure. However I guess it was just the feeling that you were there when a beautiful young woman became The Queen with all the gold and jewels, processions, soldiers and magnificent horses however small, grey and fuzzy. It must also have been a wonderful reason for a party following the austere war years of the 40s. Certainly worth celebrating and I was so pleased to see the Queen looking happy and relaxed at her party on Sunday and all the beautifully turned out horses and troops of the King's Troop Royal Horse Artillery sounding the 21 gun salute yesterday - my great grandfather's regiment who my mother always blamed for my love of horses. Happy memories. Speak again soon.

Julie Higgins Federation Chairman

Hello from the WI Office Both the Rachels are now back at their desks and the office is fully open for business! We've got lots of events in the pipeline and we're really looking forward to seeing you at them. Don't forget coming up is:

- Craft & Chat on 28 Feb | 21 March | 25 April
- Spring Wreath Workshop | 28 March | Sturmer
- Federation Annual Meeting | 7 April | Culford
- Make a Junk Journal | 25 April | Sturmer
- Make a Junk Journal | 29 April | Park Farm
- National Arboretum | 17 May

You can find full details (prices, times, venues etc) for all our events and trips in the previous issue of The Hive (issue 45).



WI Stationery Orders

Orders for WI stationery, including account books, minute books, general receipt books etc now **need to be** placed directly with NFWI online: shop.thewi.org.uk

We have some stock left at the office including:

- 1x general receipt book
- 3x attendance registers
- 2x minute books
- 2x record books
- 1x officers memorandum book

Once they're gone they're gone and you will need to order via NFWI in the future.

♡ *Rachel Hows and Rachel Sparks, Office Team*

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Open Tuesday-Wednesday 10am-4pm & Thursday 10am-2pm

SUFFOLK WEST FED OF WOMEN'S INSTIT | Sort Code: 089299 | Account number: 65868449



Public Affairs WI Campaign News



The Associated Country Women of the World (ACWW) is one of the largest development organisations for rural women, representing more than nine million women in 80

countries worldwide. It invests in empowerment of women and girl, working with some of the world's most disadvantaged communities.

All WI members are affiliated members of ACWW, a link that goes back to the inception of ACWW in 1929 – the founder was a WI member.

The money we raise as WI members is used to fund projects in one of six Priority Focus areas:

- Education and Capacity Building
- Nutrition, Good Health and Wellbeing
- Sustainable Agriculture Development
- Income Generation and Livelihood
- Sustainable Water, Sanitation and Energy
- Maternal and Reproductive Health

Your donations **really** make a difference.

Find out more about ACWW at acww.org.uk or can contact our ACWW Federation Representative Val Simpson val.simpson_copy@outlook.com. Val is happy to travel to your WI meeting to speak briefly to you and your members.



Following on from the success of our past craft projects for My Wish, including lap blankets, syringe driver bags and quilts for premature babies, they now need our help making wheat bags for cancer patients. These are used to warm hands so veins show more clearly for chemotherapy.

The bags are really easy to make and take about 500g of buckwheat which is available [here](#) on Amazon for about £2. Please **DO NOT** include lavender as some people are sensitive to it.

You can find instructions for how to make your bags on the Suffolk Website [here](#). Instructions can also be provided by email or post contact lindabevan@hotmail.com

Once you've made your wheat bags you can drop them off at one of our collection points, either at Rivendell, The Street in Sturmer or the WI Office.

Or you can deliver direct to the West Suffolk Hospital. To arrange delivery contact Sally Daniels (Wish Fundraising Manager)

sally.daniels@wsh.nhs.uk

We really hope you'll be able to help again.

Linda Bevan (Sturmer and District WI) on behalf of the Creative Leisure & PA Committees



*This month, as part of the **Show the Love campaign**, use the power of **green hearts** to show the WIs commitment to encourage everyone to take care of the environment.*

It's not too late to get involved as the campaign runs through out February and you can get involved as a WI, a small group of members or take action individually by making green hearts to hang in your windows, porches, local shops, on trees, fences etc in their neighbourhoods. You can find how to get started and show the love on our website suffolk-west.thewi.org.uk/

Don't forget to share your creations at office.swfwi@gmail.com



LINKING TOGETHER WI MEMBERS ACROSS THE COUNTY

Obituary: Irene Robertson | Rickingham WI

Rickingham WI is saddened by the loss of Irene Robertson aged 94. She was a member for many years since the early 1990's when she retired to Redgrave with her husband Bruce, having previously worked in London. Irene served on our committee for several years, only standing down a few years ago, by which time she was in her late 80s. She was also the programme planner and birthday cards sender for quite some time.

Irene was an enthusiastic member, as she was with the many other societies she belonged to. She was always keen to gain further knowledge going on several courses at Denman, attending many Park Farm activities, particularly Whist Drives and Scrabble where she excelled and was a formidable opponent. She was also a regular at Soup and Chats and at Suffolk West Annual Meetings, making her well known to not just our WI but several others. Irene was also present at a tree planting a few years ago in Northfield Wood in Rickingham in memory of members no longer with us. She attended our meetings and tea and chats until mid 2021 and will be sorely missed.

Rosemary Setterfield, WI President

Hundon WI Our January meeting was so relaxing yet refreshing. Our guest tutor Sally took us through the paces of chair yoga, giving us all the opportunity to take it easy if needed. It was a wonderful evening followed by a refreshing cuppa with the obligatory chocolate biscuit, or two!

Our next challenge will be felting a spring daffodil on Thursday 10 February at 7.30pm with one of our members, Sharon, showing us the ropes.

Come and join us, try something new! Call Carol 07882 183093 for more information.

Carol Massey, WI Committee

Thurston WI After asking our members we decided to go ahead with our January Meeting and about 26 of our ladies turned up. Our speaker was Kirsten Ellis who runs local exercise classes and gave us an insight into the history of Pilates, told us about Paracise and touched on Zumba. We then joined in doing some chair exercises, followed by some more energetic exercises with some great music. Kirsten was so enthusiastic and such great fun, it was a lovely end to a dull January day.



Thurston WI get physical

The following week we held our Soup & Chat lunch with lovely home made soups, lots of chat and a surprising number attending. Our February one has had to be cancelled because of a by election, so our next one is on 17th March.

Vicky Pryke, WI President

Sturmer WI Our speaker for the evening was Peter Tatam who gave us a very interesting talk and slide show walking the Stour Valley Path.

Peter began walking for health reasons in 2010 and has walked at various times the whole of the 60 mile Newmarket to Cattawade walk. His slide show began at the clock tower in Newmarket and we were shown all the little villages and churches along the way from the humble beginnings of the river to the very wide river that enters the North Sea at Harwich. Many of the places that were mentioned are local to our institute and have often been visited; the Church at Long Melford and Clare Priory were among them. Further attractions were Sudbury and of course Dedham and the Dedham Vale Area of Outstanding Natural Beauty.

The evening was very informative and perhaps inspired members to dust off their walking shoes and get out and explore the countryside.

Denise Freeman, WI Committee

Walsham le Willows WI

When I first moved to Walsham I thought I would join the WI. Being the wife of the Vicar, I felt I should give it a try.

The WI is for all ages, and here we have a mix, We all have something to offer, and boxes we can tick.

Normally, we meet in the Priory Room, but it's a 50 year Celebration, So we are gathered in this lovely Church, for a very special occasion.

Covid has not beaten us, we have met in the open air,

Distanced under gazebos, chatting from our chairs.

We have a hardworking committee, who try so very hard to please, Always looking out for new things, ideas, for us to seize. I would like to take this opportunity

to share the things we do, Many quizzes and competitions, being engulfed in PVA glue.

We have learnt about so many good causes, sometimes bringing us to tears, But we have laughed greatly too,

over all those many years.

Shopping trips to Norwich, taking in a lovely show. Flower arranging lessons and our "bottle" with a "glow".

Endless cups of tea and cake, raffles by the score, Visiting other WI's, and still we come back for more.

So tonight is all about our memories, as we sit here and remember. One thing I am sure we will all agree, We are proud to be WI Members.

by Denise Merry, WI Member

Stanton WI Our weekly Village Cafe has raised £1,000 which has been donated to St Nicholas Hospice in memory of our Secretary, Mrs Lynda Clarke, who sadly passed away last year.

A representative came to accept the cheque and explained how important donations have been during the pandemic and will continue to be in the future.



Sterling Stanton WI Ladies

This is a wonderful achievement and thanks to all of our Stanton members who have contributed to the cafe.

Our February meeting was an afternoon of the *Sounds of the 60s* with Barry and Nicki, although there were hints of the 50s and 70s too with Cliff Richard, Buddy Holly, Elvis (of course!), Creedence Clearwater Revival, Jeff Beck (lots of arm waving to High Ho Silver Lining!), The Ronettes and Tom Jones, among others.

We knew all the words to almost every song and afterwards wondered if that will be true of today's songs in 60 years time?

Rosemarie Croft & Jane Duffield, WI Committee

SAVE THE DATE!

Risby WI



**with Fish & Chip Supper
Saturday 26th November
Risby Village Hall**



Our **golden ticket** winner for January was **Suzanne Jones (Shimpling & Alpheton WI)** and our winner for February is

Vicky Pryke (Thurston WI)

CONGRATULATIONS!!

don't miss out

Golden tickets are just £5 each. If you fancy your chances contact the [WI Office](#) for an application form. Good luck 

Horringer Court WI Our February meeting began with apologies as we had to cancel our January meeting due to unexpected Covid issues so it was extra special to see everyone again.

We discussed what's coming up; a group of us are going to see *Me and My Girl* at the Bury St Edmunds Theatre Royal and the walkers are out and about again tracking down the snowdrops. We have at least four members attending the Federation Meeting with Paul Martin and Sandy Ruddock as the speakers.

We then started our Beetle Drive. Well the highs and lows of winning and losing and the shouts of "I have a leg" were so funny. The winner received a box of chocolates and the loser a traditional wooden spoon. It was just great to catch up with everyone and embrace the whole ethos of the WI of supporting and laughing together.

Lucy Fromings, WI Committee

Moreton Hall WI Our February meeting was well attended, and it was lovely to see so many members as well as five visitors who enjoyed a WI 'taster evening'.

Our speaker was Norma Howell, who gave an excellent presentation on the work of Medical Detection Dogs. All of us know dogs like to sniff but I certainly had no idea that their olfactory powers are so great. Bio Detection Dogs are trained to detect even the tiniest smells associated with cancers and other diseases and are being used to help develop faster, cheaper and non-invasive methods of diagnosis that could impact on thousands of lives. Medical Alert Assistance Dogs are assigned to individuals with complex health conditions such as severe

allergies or diabetes. The dogs are trained to identify minute odour changes emitted prior to an emergency and then alert the person to take preventative action. Norma's talk was well illustrated with slides and video clips, and it was staggering to watch these dogs at work. We all fell in love with these wonderful dogs and are in awe of what they can do.

We finished our evening with a quick crafting session making green hearts to display as part of the *Show the Love* campaign.

Alison Shawcross, WI President

Wickhambrook WI At our January meeting we learnt about SULSAR - Suffolk Lowland Search and Rescue. Most of us had to admit that we were not aware such an organisation existed. Everyone knows about Mountain Rescue Organisations and the RNLI which covers the sea but SULSAR covers all the area in between.

SULSAR volunteers Sarah and Mike explained that like other Rescue Organisations they are 100% Volunteers and 100% Professional. They receive no Government funding and have to fundraise for equipment. Set up in 1998 they had no permanent base until 2019 when a businessman donated a building for their exclusive use. SULSAR consists of 10 Search Managers, 16 Team Leaders and 50 Search Technicians.

They work alongside the Police and are usually only deployed for high risk persons. This may cover people suffering from Dementia (60% of cases), Depression, Suicidal thoughts, Mental Illness, Autism and includes children. They use statistics to plot where a person might possibly have headed. They cover the whole of Suffolk and have various teams who may work on foot, on bikes, on the water in kayaks or in the air using drones. There are also highly trained dog teams with some very special dogs. Dog training takes three years and the dogs live with their handler as a family pet.

Searchers are trained in First Aid, Casualty Recovery and Deceased Victim Recovery. They have been involved in some high profile cases for example the airman Corrie McKeague who sadly was never found.

Wendy Mansfield, WI Committee

Name: _____ WI: _____ Email: _____

Tel: _____ Address: (for posted items) _____

Event	Ticket price	No. required	Names & Email Addresses	Other information
Craft & Chat 28 Feb 21 Mar 25 Apr 10AM-12PM Park Farm	£2 per member Paid on the day			Please tick session(s): <input type="checkbox"/> 28 Feb <input type="checkbox"/> 21 March <input type="checkbox"/> 25 April
Spring Wreath Workshop Monday 28 March 10AM-3PM Stumer Vill Hall	£25 per member £27 non member			Bring your own lunch.
Federation Annual Meeting Thursday 7 April 2022 10AM Culford School	£17 £23 incl. lunch			Dietary requirements if opting for lunch:
Make a Junk Journal Monday 25 April 10.30-2.30 Sturmer Vill Hall	£18 per member			Bring your own lunch.
Make a Junk Journal Friday 29 April 10.30-2.30 Park Farm	£18 per member			Bring your own lunch.
National Arboretum Tuesday 17 May Staffordshire	£40 per member £42 non member			Coach pick up point:

Item	Price & PP	No. required
SWFWI Mug	£7 (+£3.20 p&p)*	
SWFWI Tea Towel	£5 (+90p p&p)	

All our merchandise is available to collect from the WI Office.

*Combined postage for multiple items (excl. mugs) is £1.50

*Combined postage for multiple items (incl. mugs) is £3.50

PAYMENT DETAILS (Please include a reference (i.e. name of event/item) with payment).

Total paid: _____ By: _____

BACS (See front of Hive for bank details)

Cheque (payable to SWFWI)

Online payment (contact the [WI Office](#) for your link)

IMPORTANT INFORMATION

- Postage prices are for individual orders only and **not** bulk orders by WIs. Contact the WI Office for larger orders.
- Tickets will be issued via email ten days before the event. Please include an address if you would like them posted.
- Ticket cancellations: If you can no longer attend an event contact the [WI Office](#) within seven days of the event. A refund is only possible if the ticket can be resold. A £2 administration fee will be charged.