

THE WI HIVE

Happy 100th Birthday Suffolk West Federation

Issue 16 | 29 October 2020



Suffolk West
theWI
INSPIRING WOMEN

FOR 100 YEARS

Chairman's Tête-à-Tête Hello again everyone. It really has turned to Autumn hasn't it? The creeper up the side of our house is turning a beautiful shade of red and the trees are all shades of green, gold, red and brown, absolutely beautiful but what I don't find beautiful are the dark nights, I'm sure it's the same for many of us but when the sun shines on the autumn leaves it really cheers us up. Batty the pony has her long winter Shetland coat and is a much darker shade of chestnut in the winter, Slater goes fluffy, his black fur really shines, he's a real witch's cat.

Talking of Halloween this is celebrated as you know on 31st October and gets more and more popular. In the spirit of Halloween, I'd like to share a ghost story with you about Culford School. I'm sure many of you remember the Autumn Council meeting we held there when our speakers were Queen Victoria and her Lady in Waiting or at least two ladies dressed up to re-enact the scene. At the end of their very entertaining presentation, I'd asked the caretaker to meet them behind the stage curtains and escort them around the side of the building and back to the staff room which they were using as a dressing room. Queen Victoria who acted out the part right to the end was rather bossy with her co actress and that will become evident in what happened next. I was summoned to the staff room by the caretaker who said the ladies needed to speak to me urgently as the one playing Victoria was not feeling well. I went in to the room to find Queen Victoria sprawled out on the settee with her Lady in Waiting fanning her. I was told that as they'd walked round outside, Victoria had turned to her Lady and said 'come on hurry up we're going this way'. The Lady in Waiting said nothing but turned to the left and walked into the darkness, only for the

Lady in Waiting to say, 'what's the matter I'm here'. It would appear that these two costumed ladies had conjured up the ghost of the Grey Lady much beloved of Culford pupils and this was the reason for Victoria's fit of the vapours. It is well recorded that the ghost of a young woman haunts main house at Culford. Back in the 1660s a Christmas party was held there, then of course a slightly different looking house and the seat of the Cornwallis' to which King Charles II and a number of members of the aristocracy were invited, other local people of note were present including the local Rector's daughter. King Charles, as was his wont, took a fancy to this young lady and pursued her to her room where she jumped from the window to evade his advances but sadly it was to her death. It was the fate of our entertainers that night to encounter this young lady taking the air in the grounds. Believe this or not, I can assure you, these two actresses were very shaken and something I've not told anyone until now. Last year, this very week in fact, I was walking out of Culford after our launch night down the long corridor with Léon who was our entertainer, we were chatting away when he suddenly turned to me and said, "Julie this is a beautiful place but there's a real chill just here", he wasn't wrong. I later told him the tale of the grey lady.....and I'll leave it there for you to make your own minds up!!



Julie Higgins, Federation Chairman

Hello from the WI Office It's our 100th birthday! Now we may not be celebrating the way we planned (you can bet it will be one heck of a party when we can), but instead we have the launch of our beautiful Centenary Pins badges, they are £2.50 (incl. P&P). Contact the WI Office to be able to wear yours with pride. And don't forget you are more than welcome to pop by and shop the rest of Centenary goodies (our bone china mugs are £10 each and tea towels just £5 each). Unfortunately we can't accept card payments, but if you prefer you can order in advance, pay by BACS and then collect them. Many happy returns to you all ♥

Rachel Hows, Federation Secretary



Public Affairs Memo: WI campaign news update

SNEAK PEAK! 2020/21 Resolution Shortlist:

The results are in and this year's shortlisted resolutions include:

- A call to increase awareness of the subtle signs of ovarian cancer
- Stop women dying prematurely from coronary heart disease (CHD)!
- Racism and discrimination
- Now's the time to act! Protect your nature space to create wildlife-friendly communities
- Stop the destruction of peat bogs to tackle climate change

There will be a full summary of each resolution in your November issue of WI Life. We also hope to hold a virtual discussion meeting helping you to make an informed decision on how to vote. Voting slips will also be included in November's WI Life.

Of course, with all the talk of the future resolutions, we still need to keep in mind those that were passed earlier this year.

End Modern Slavery

Modern slavery is all around us and invisible. A study earlier this year suggested that there around 100,000 people who are victims of slavery in the UK. Labour exploitation can happen in agriculture, food processing, construction, and enforced criminality such as county lines drug distribution. It is not uncommon for the victims to become re-trafficked. In 2019 the most common nationality to be referred to the UK's National Referral Mechanism (used to identify and support victims) was British. The Medaille Trust provides refuge and freedom to victims of modern slavery and supports them as they rebuild their lives. They are the largest provider of safe beds for victims in the UK. More information about the Medaille Trust can be found [here](#)

Gwen Williams, PA Chairman



ACWW Corner: Our representative Val Simpson keeps you up to date with the latest ACWW news.

Did You Know? ACWW produces a quarterly magazine, The Countrywoman, that updates you on ACWW campaigns, completed projects, newly funded projects and much more. And it's printed in Suffolk! Read the magazine [here](#)

Christmas Cookery Corner

Nellie's Christmas Pudding Recipe



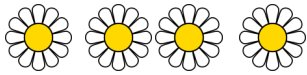
This issue we have a festive recipe close to my own heart. It's one my Grandmother (Rosemary Hows, Risby WI) uses every year to make Christmas puddings for our family. It dates back to at least the Second World War, and was given to my Grandmother by her Aunt, Nellie Mason, who was a founding member of Risby WI. The recipe sheet itself is a heirloom as it's written on the back of an envelope from 1978! It will make four delicious puddings and I hope if you do try it that you enjoy it as much as we all do!

Ingredients:

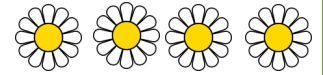
- 8oz self raising flour
- 1/2 lb breadcrumbs
- 1/2 tsp nutmeg
- Generous pinch of salt
- 1 tsp mixed spice
- 1/2 lb Atora Suet
- 6oz soft dark brown sugar
- 1lb raisins
- 1/2 lb currants
- 1/2 lb sultanas
- 1/4 lb of peel
- 1oz ground almonds
- 3 eggs
- Rind & juice of 1 Lemon
- 4-5 tablespoons of rum or brandy
- 1 small bottle of stout
- 1 tablespoon black treacle

1. Mix the dry ingredients together and leave overnight.
2. The next day mix the wet ingredients into the dry.
3. Transfer into four 1lb basins
4. Cover each pudding with a circle of grease proof paper, then tie a piece of muslin (Approx. 12 inches square) over the basin with string, being sure to get the string very tight. Bring the four corners of the muslin up onto the top of the basin and knot.
5. Boil in a pan of water (make sure to keep the water topped up!) over a gentle heat for 8 hours.
6. Store in a cool dry place until Christmas.
7. To eat, boil in a pan of water over a gentle heat for two hours and serve with double cream, custard or brandy butter.

Enjoy!



The Daisy Chain



Linking together our WI members across the county

Please make sure your WI and sub-groups continues to comply with the latest Government guidance.

Honington & Sapiston WI Honington an Sapiston members had a nice surprise on Monday morning when committee members arrived at their homes to deliver a "meeting in a bag". The paper carrier bags had hand made labels tied with pretty ribbon and contained a variety of things. We had a letter; a tea bag and chocolate bar; a bag of crocus and tete a tete bulbs with instructions on how to make a bulb lasagne; a recipe sheet; a hand made greetings card; a quiz and some sheets of word puzzles. Some one had been very busy.



On Tuesday evening we had a Zoom meeting and 17 members signed in. It was just a chat, nothing formal, and a member thanked the committee for the bags and everyone agreed wholeheartedly. One Zoom member hadn't received her bag... she was in her boat on the sea near Amsterdam. After our success at Zooming we look forward to more of the same before the return to normality asap.

Sue Smith, WI Member

Pakenham WI I was delighted to represent our WI at the Federation Annual meeting online. Forty three participants from all the local institutes logged in. It was so good to see many familiar faces. My congratulations to the Park Farm team who did a great job organising the event.

We achieved another highly successful online committee meeting, well nearly. I kept loosing WIFI connection, Rosemary failed any connection and then we all got cut off after exceeding our free 40 minutes. But it was so lovely to see each other and chat face to face. Obviously we are unable to plan ahead for the remainder of 2020, but if anything changes regulation wise we are determined to find a solution to a Christmas celebration.

Our 100th celebrations in 2021 are looking more and more like a pipe dream, but hopefully during the year we will be able to have a celebration with our friends and supporters. Keep safe. Mary Kirby, President

Rickinghall WI We recently held our delayed AGM, which we did by post with the help of our Federation Advisor, Jill Newell. We had an excellent response and the necessary formalities were approved, including voting for a new President. Jennie Labdon has retired as our President after almost five years, but happily is remaining on the committee. Two other committee members stepped down after many years service, Val Goodwin and Irene Pibworth. The three retiring members were presented with gifts on behalf of the members to thank them for their services.

It is a very strange time to take over as President as we are of course still unable to hold normal meetings due to the rule of six. We have however arranged to hold Tea and Chat meetings at local venues, hosted by one committee member and these we will be held throughout November. We are also starting some rule of six activities, such as a Reading Group and a Craft Group, again hosted by a committee member. We are hoping these will be popular and we plan to expand these meetings in the coming months. We wish to ensure that all our members feel connected until such time when we can all meet again and hold more normal meetings.

Rosemary Setterfield , President

Mildenhall WI Mildenhall WI ladies are having the opportunity to enjoy a pre arranged 'Scone Workshop' at the Barleycorn Cafe run by the owner Shelby Foord until the end of November.

Shelby has been a great supporter of our WI. She makes amazing cheese and fruit scones and we wanted to know her secrets. With a maximum of six



working in her large upstairs private room we spent a happy afternoon on 19th October learning about the history of scones, the different techniques and then having a go ourselves. Along with lots of catching up chatter and cups of tea whilst our scones baked, we each took home the 6 scones we had made.

Anne Greenfield, Secretary



Thursday 5 November, 2.30pm

Deafness and How to Manage It with Janet Nanor
Includes facts about famous deaf people that you'll be surprised to learn, and outlines how our ears work and age, myth busts hearing aids and looks at the latest technology. There will be activities to take part in so have a pen and paper ready!

Wednesday 11 November, 7.30pm



Christmas Kusudama Paper Flowers with Felicity Jennings

Felicity is President of Spa Sweethearts WI and runs Felicity Crafts. To take part in you will need:

- 5x10cm squares of paper (any paper is fine. Wrapping paper will make it Christmassy but it looks good using an old magazine)
- a glue stick and scissors
- a kebab stick or similar

Tuesday 17 November, 7.30pm

It Shouldn't Happen to a Home Economist but it Generally Has... with Sian Fox

Sian canters through her varied career as a home economist. She's worked with Jamie Oliver, the Calendar Girls and cooked in front of Royalty (well nearly!).

Tuesday 24 November, 7.30pm

He's Behind You! With Peter Sowerbutts

A history of pantomime and tales from Peter's professional thirty five years as a panto dame.

Wednesday 25 November, 7.30pm

Let's Craft: A Christmas Wreath with Margaret Brackenbury

You'll be able to showcase this beautiful creation year after year. To take part you'll need:

- Christmas material (fat squares or whatever material you have, preferably two different patterns). This needs to be cut into appropriately 4" in length x 1" width strips you will need approximately 30 strips in total.
- gold or silver ribbon or to match your material, about half an inch wide you will need 36"
- a piece of narrow ribbon to wrap around the hanging hook. Approximately 12"
- 48" of flexible wire, garden wire is ideal or anything you can bend to make the base
- scissors, pliers or tweezers to manipulate the wire
- a ruler
- mini decorations (Poundland sell packets of baubles, 12 in a pack, cords included. They come in red, silver and gold).



Tickets are **£5 per person**. ANYONE is welcome!

Book using our Eventbrite page [here](#) or contact the WI Office on office.swfwi@gmail.com. Bookings can only be made via the office Tuesday-Thursday 10am-3pm.

Congratulations to Jeannie Bloomfield on her appointment

as a patron to the Bury St Edmunds Women's Aid.

Jeannie has spent 50 years campaigning and fundraising for charities involved with domestic abuse both mental and physical against women. You will all remember reading Jeannie's own story about domestic violence in issue 8 of The Hive. Again congratulations Jeannie you have Suffolk West's full support. You can read Jeannie's story and her journey to becoming a patron [here](#).

Office Information

WI Office, Unit 11, Park Farm Business Centre, Fornham St Genevieve, Suffolk, IP28 6TS
Tel: 01284 336645 Email: office.swfwi@gmail.com
Reg. Charity Number: 1179294

Open Tuesday-Thursday 10am-4pm

Any payments can be made to SWFWI CIO by BACS
Sort Code: 089299 | Account number: 65868449
(please include a reference) or cheque.

Don't forget you can follow us on social media:

