



FOR 100 YEARS

## Chairman's Chat

Hello again everyone.

Where's the heatwave we keep getting promised, we could do with it for Saturday night, it would just be right for Shakespeare in the Park, we don't want a flood of biblical proportions but we'll carry on unless it seriously is too dangerous to go ahead. Janet was very witty the other day and said if it rains we could change the name of the play to *All's Wet that Ends Wet!!* Yes very clever but it's not going to rain is it, but just to be sure bring your waterproofs just in case and if you're up to it can you do a sun dance to ward the rain off?

I'm really looking forward to the evening, not least as I get to see my Neice whom I've not seen for well over a year. The cast have been hard at work putting it all together and have done a couple of very successful performances already. I was really pleased to hear that joining us on Saturday night will be a few of the original cast who set up the

Castle Theatre Company when they were at the University of Durham in the 1960s!

I hope you're all planning for the future with your WI meetings and thinking about what meetings you're going to have and looking forward to getting back to meeting up in person won't it be great? If you need help with anything, please ring your Adviser, we're always there to help with advice, we don't have all the answers but often just talking problems through helps, so don't struggle along, give us a call.

I'll see a lot of you on Saturday for a lovely evening and let's hope this quote from Shakespeare's King Lear doesn't come to pass: *"With hey, ho, the wind and the rain- Must make content with his fortunes fit, For the rain it raineth every day. ."*

Julie Higgins, Federation Chairman

**Hello from the WI Office** For anyone still having problems with BACs payments try these handy tips:

- Our account name is SWFWI CIO not C10. Alternatively, you can omit CIO altogether.
- Sort Code: 089299
- Account number: 65868449
- If your bank asks then please select personal account type, not business.

It's been wonderful to include all your reports and photos this fortnight, so much so they took up two pages! Please keep sending them in, it's wonderful to see you back together. The deadline for the next issue is Monday 19 July.

Rachel Hows and Rachel Sparks, WI Office team



## WI Stationery

Everything your committee needs (minute books, account books, receipt books etc.) for the smooth running of your WI is now available to buy direct from the NFWI Shop online. You can find their snazzy new store [here](#)



**SWFWI Facebook** Don't forget you can get your daily dose of Suffolk West by visiting our Facebook page [here](#).

Each time you like, comment or share our posts the more people we reach. It is an **easy** and **free** to promote the WI and shows your support for the Federation as well as promoting your WIs!

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Open Tuesday-Thursday 10am-4pm

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





## upcoming events

### Shakespeare in the Park | Park Farm

Saturday 10 July | 7PM | Gates Open 5.30PM

£10 adults, £6 under 16s | Book via [Eventbrite](#)



There's still time to book your tickets for *All's Well that Ends Well* performed by Durham University's Castle Theatre Company. Use our Eventbrite link above to book!

### Tales from a Dairy Farmers Wife with Jane Barnes

Thursday 29 July | 7.30pm | £5 | Zoom

Book via [Eventbrite](#) or WI Office

From being a dairy farmers' daughter, to meeting her husband at Young Farmers Club & starting their own dairy farm (Farmer Barnes' Dairy) in 1992, Jane's amusing anecdotes make superb listening.



### Flower Arranging for Beginners | Risby Village Hall

Wednesday 22 September | 10AM-2PM

£16 per WI Member | Book via the WI Office

Accomplished flower arranger Gill King (Risby WI) will lead this beginners workshop, demonstrating two different ways to arrange supermarket flowers, one in a vase and the other in flower foam, as well as sharing her handy hints and tips. You will need:



- two bunches of supermarket flowers
- greenery from your garden or dried material
- a pair of scissors/secateurs & a vase

### Autumn Wreath Workshop | Sturmer Village Hall

Monday 4 October | 10AM-3PM

£25 per WI Member | Book via the WI Office

A two-part workshop with tutors Jo Porth and Liz Leeds demonstrating how to create an autumnal wreath using fresh materials and needle felted decorations. **You will need to bring lunch and drinks, and suitable greenery (i.e. ivy (tree or trailing) Pittosporum, Ruscus, Euonymus, Box, Escallonia, or Eucalyptus).** Needle felting materials will be provided.

### Public Affairs Memo: WI Campaign News



July is National Picnic Month which chimes in well with SWFWI's Shakespeare in the Park event.

Planning ahead, bringing food and picnic equipment from home massively reduces any picnic plastic and litter footprint, and boosts any picnic eco credentials too!



This summer NFWI are inviting WI members to celebrate national Pride season (June - September)

by having picnics either in person or virtually. The WI is a place for **all** women, with the NFWI championing equality in society and NFWI wants to recognise the LGBT+ community, and celebrate them. These picnics are also a great way to plan the coming together of WIs again after over a year of social restrictions. More information on holding a Pride Picnic is available on [My WI](#).



**"Fatbergs are growing, but icebergs are shrinking"** - Annette Brown's

(Moreton Hall WI) brilliant phase was

used at Anglian Water's 2019 Innovation Event.

It's estimated each year over 12 million tonnes of plastic enter the world's oceans.

- In 2019 Anglian Water removed the weight of two blue whales (200 tonnes) of fat and wet wipes from sewers in Southend-on-sea.
- Volunteers have collected a whopping **60,000** kilograms of litter from local beaches and rivers. That's as heavy as **five** double decker buses!
- The remove **40,000** blockages each year that cause damage to homes and businesses and can pollute rivers and beaches too.

### Make small changes to protect our planet...

- Help keep the sewers in tip top condition by only flushing the 3Ps (pee, poo & paper)
- Using a little less water each day helps reduce the strain on our precious water resources



# the daisy chain

LINKING TOGETHER WI MEMBERS ACROSS THE COUNTY

*Suffolk West made their triumphant return to face-to-face events last month when twelve of our ladies took to the water and Paddleboarded along the River Stour. Isabel Glasscock (Bury WI) sent in this ditty about their adventure.*

## Paddleboarding with the WI

On A Wednesday afternoon,  
a hot and sunny day,  
beside the river Stour, where  
kingfishers hunt their prey,  
and dragonflies and  
damselflies along the river fly,  
a group of ladies gather –  
West Suffolk WI.

The art of Paddleboarding  
we'd all come to learn,

and so we listened carefully  
to how to move and turn.

But what alarmed us most,  
and made our knees a-quiver,  
was the thought of falling off  
and down into the river!

Our intrepid band don  
lifejackets by the riverside,

kneel on the board – push off,  
and on the water glide.

A cheerful chap called Simon  
comes along as chaperone  
(In case we meet an angry  
swan - we won't want to be  
alone).

But the river is so beautiful, so  
peaceful and so calm,  
there really is nothing here to  
fill us with alarm.

A herd of cows, with interest,  
watch from a nearby field,  
as with energy and skill the  
paddles we all wield.

Upstream we go, past birds'  
nests hidden in the reeds  
while down below us little fish  
swim in the waving weeds.

Soon, we are heading back  
from our adventure in the sun

amazingly we've all stayed  
dry and -Yes, it has been fun!



**Great Barton WI** After such a terrible year, the Joint Committee arranged a wonderful supper evening for us to have a good get together. Very kindly Kath Hopper & her husband gave the venue in their lovely garden. The weather held up, and the spread provided by the members was very varied and much enjoyed by all. Some recipe swapping is in hand! And Rosemary did a very good job on the bar!

*Elaine Read, Committee Member*



**Bury WI** It was the first NHS Social Care and Frontline workers day on July 5<sup>th</sup>, and institutes were asked to think about how to celebrate and mark the occasion. Bury WI decided to have an afternoon outing to Bressingham in Norfolk (recently featured on Carol Kline's Great British Gardens Ch5). After riding on the little steam trains and enjoying the beautiful gardens, the ladies met up again in the garden centre to enjoy a delicious afternoon tea, and raise their cups at 4pm to toast the NHS! Many thanks to Val Hearne for making all the arrangements.





**Newmarket Evening WI** How excited were we to be able to meet face to face again on a glorious warm and sunny evening in the beautiful garden of our member ladies Ellen-Marie.



Our speaker was John Hewson who gave us a demonstration on how to fill beautiful summer hanging baskets. We were invited to have a go

ourselves with John on hand to give us some invaluable advice and tips! He had brought along some beautiful plants along with compost, manure and shredded bark for drainage. We had bought our own baskets or containers and just paid for the plants and compost we used.

John advised us that most people make the mistake of overfilling baskets with lots of small plants when in fact you only need 2 or 3 larger ones which give an instant impact and are also well established. We all set about choosing our plants and colour schemes. There were such beautiful colours from bright yellows and oranges to deep magenta and purples. There were geraniums, petunias, fuchsia, verbena and lobelia and many others to choose from.



Once we had all made our choices and planted up our baskets/tubs John had the difficult task of choosing the best one! He chose Ginny's square planter which was planted up in pinks and purples, very pretty! And because of this Ginny as the worthy winner got her plants and compost free!

We then had some delicious tea and cake courtesy of Ellen-Marie's husband Ben who had also made a lovely date and walnut sourdough bread served with cheeses and chutney for those of us with a savoury tooth!

*Marion Curtis, Secretary*

**Walsham Le Willows WI** On a gentle summer evening a group of old friends and neighbours gathered outside in a lovely garden chatting and exchanging news, smiling and laughing. This was the WI emerging from a spell of enforced hibernation.



Our WI Adviser Janet Brown began by saying how pleasing it was to see everyone face to face at last but that she was here to ensure that Walsham WI could continue with new names to hold the officers posts, otherwise she would have to advise suspension. A certain amount of lobbying ensued until three timely volunteers averted that course of events.

Exploring the garden in search of clues and gathering items for a horticultural quiz entertained everyone as the sun ebbed away. A cake to celebrate our 50<sup>th</sup> year of reformation was cut by two of the original members, who were there 50 years ago. A cup of tea (and was that a glass of Pimms perhaps?) brought the evening to a close.



*Jeannie Bloomfield, President*

#### **Obituary: Beryl Bracken Kedington WI**

It is my sad task to tell you that Beryl Bracken died after a short illness on 26<sup>th</sup> June. Beryl was one of our long standing members for over 50 years.

I first met Beryl when I took my daughter to the village playgroup which we then both got involved with. We continued working together when Beryl started a Brownie pack and then a Guide company and eventually she became District Commissioner. She was very involved with village life and was a WI committee member for many years. She will be missed by all her friends and her family – a son, a daughter and four grandsons to whom go our condolences.

*Val Farthing Kedington WI*

*Suffolk West also offer their condolences to Beryl's family and friends.*