



Lest We Forget



Chairman's Chat Hello Everyone. Well we're into the darker days now aren't we. Bonfire Night came early here, infact it was the night before about 9pm suddenly there was a crack of fireworks from the garden of the house up the lane causing Slater to be roused from his slumbers. He spent the next hour under the computer table, he must've thought it made a good air raid shelter, all he needed was a little tin helmet. Batty was completely unconcerned & stood munching hay.

Don't forget our events which are coming up, there's the **London Welsh Rugby Club Choir on Saturday 27th November at the Apex**, they always put on an excellent concert both on stage and afterwards in the bar. You can **book tickets via the Apex [here](#)** or their box office on 01284 758000.



Also, don't miss our **Carol Celebration on 13th December at 2pm at St Mary's Church in Bury St Edmunds**.

For the first time in a number of years we're holding it in the afternoon and as always it's open to non-members too. You can book to sing along to your favourite carols via the [WI Office](#).

This year, like last, has not been easy for most of us but let's hope we can see it out with a little celebration and look forward to better times in 2022. We're busy preparing events of all different sorts for you so keep looking in The Hive for news of what's going on. To end a funny little poem about fireworks, although Slater wouldn't be amused by it.

*WHOOSH! Up high above the house,
Behind a trail of sparks.
Yellow, orange,
Red and white,
Exploding in the dark!*



Julie Higgins Federation Chairman

Hello from the WI Office Ahead of the launch of our direct mailing system you may notice a few changes to The Hive.

We'll still be publishing as often on the 2nd and 4th Thursday of each month, but starting today the first issue of the month will be dedicated to news from us and our WIs, and the second issue will be dedicated to advertising ours and your WI events. **The deadline** for any WI events you'd like to advertise in the next issue is **Monday 22 November**.

We've also added the order form to the back of The Hive. If you can't edit it on your computer then please feel free to pop it back to us in the post or scan it and attach it to an email, or you can still just

phone/email to book. It's only a trial and we can revert to the previous version if it doesn't work.

Unfortunately we've had to delay the direct mailing launch until January 2022. We haven't got all the information we need yet and we're still perfecting the system so it's exactly how we imagined it when it lands in your inbox in the new year!

On a personal note, we'd both like to say a **HUGE** thank you to Glemsford WI who invited us to their centenary celebrations this week. We thoroughly enjoyed the chance to meet members and celebrate with them. Thank you Glemsford ladies for making us feel so welcome and congratulations on your 100th ♥

Rachel Hows and Rachel Sparks, WI Office Team

WI Office, Unit 11, Park Farm Business Centre, Fornham St Genevieve, Suffolk, IP28 6TS

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

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

SUFFOLK WEST FED OF WOMEN'S INSTIT | Sort Code:

089299 | Account number:



PR TEAM

With the twinkle of Christmas lights on the horizon you'll find our enthusiastic PR team at the Christmas Light Switch On in Bury St Edmunds on Thursday 18 November. Our promotional stand will be outside the Edinburgh Woollen Mill 3-8pm, where they'll be shedding some light on the WI and dishing out bite size cakes.

In Suffolk West's 101st year we are proud to be part of the UK's largest women's organisation and we're always looking for new West Suffolk women to join us. If you know someone who's interested in joining the WI then tell them to stop by and speak to our team or you can point them in the direct of our [WI Office](#) anytime.



PR Team (L-R): Helen Lindfield, Shirley Rogers, Gwen Williams, Maggie Glavin, Janet Brown, Alison Shawcross & Rachel Hows (not pictured).

Public Affairs WI Campaign News

Suffolk West are collecting donations of women's and children's socks and knickers or supermarket gift cards (£5 or more) for [Bury Women's Aid Centre](#). Donated items can be left at the WI Office, or if you prefer to drop off your donations personally contact them [here](#) to arrange delivery.

Ipswich based refuge [Lighthouse](#) are also seeking donations of supermarket gift cards for £5 and have a suggested food donation list too. Contact them [here](#) for more information.

don't miss this! Resolution Discussion Meeting | Zoom
Monday 29 Nov | 10.30am & 7.30pm
FREE | Book via [WI Office](#)

This years resolutions which we will be looking at in detail and up for debate are:

- Fit for purpose - for girls
- Appropriate sentencing of non-violent women offenders
- Equality in law for the menopause
- Women & Girls with ASD & ADHD - under identified, under diagnosed, misdiagnosed, under supported
- Tackling digital exclusion

Further information on each proposed resolution is available on [My WI](#) and in November's *WI Life*.

FESTIVAL OF SUFFOLK 2022

RECOVER · RESET · RECHARGE

The last few years have been, for everyone, a time of hardship and change. The impact of COVID has been severe: on people's physical and mental health, with communities and

families kept apart, businesses hit and all sense of routine and normality lost. So, the Festival of Suffolk is the turning point. In the words of Clare, Countess of Euston, the Festival will *"bring together all people and communities in joyful celebration, and create a powerful legacy to increase the visibility of our county and improve local lives for many years to come"*.

We'd love West Suffolk's WIs to join a growing network of voluntary organisations and charities, local authorities, health and education providers, tourism bodies, community leaders, as well as those in the arts in creating and delivering Festival events that are focused on their communities and will showcase Suffolk. Lets hope this unifying, celebratory event will help to provide renewed enthusiasm and participation in your groups.

To hear from our Lord Lieutenant Lady Clare Euston as well as Festival Chairman, Mark Pendlington on the plans for next year and how your WI can get involved please sign up with the [WI Office](#) to our informative Zoom event on **Wednesday 15 December at 11am.**

Kate Paul, Suffolk Community Foundation

the daisy chain

LINKING TOGETHER WI MEMBERS ACROSS THE COUNTY

Obituary: Lynda Clarke | Stanton WI

We are so sad to report that our dear friend and WI secretary Lynda Clarke has died after a long illness. Lynda was such a kind and generous person, always enthusiastically offering to take part in everything that we did and welcoming us to her lovely garden on several occasions.



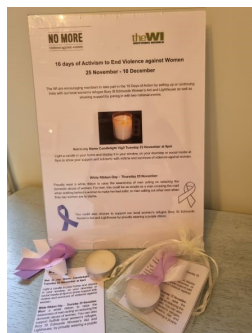
Lynda Summer 2021

Lynda will be greatly missed by her family and her many friends.

Maureen Johnson, WI President

Moreton Hall WI At our November meeting Martyn Taylor of The Bury Society gave an informative talk about The Oakes Family, their legacy in Bury St Edmunds and the history of Nowton Court, which was purchased by the Oakes family in 1802 as a cottage but was remodelled to become the Oakes family home prior to becoming a school and, most recently, retirement accommodation. Martyn illustrated his talk with dozens of slides and members enjoyed trying to identify the different spots around Bury which are associated with the Oakes family and looking for the symbolic oak tree. It was fascinating to discover some the secrets of Bury St Edmunds.

During November we will be focusing on the WI campaign 16 Days of Activism to End Violence Against Women. Do look out for ladies wearing purple and white ribbons to show their support for the campaign and for Bury Women's Aid.



Campaign display

Alison Shawcross, WI President

Obituary: Pauline Wells | Sudbury QH WI

It is with great sadness that we announce the passing of Pauline Wells. Pauline was a kind, warm lady and valued member of Sudbury QH WI.

Pauline, a trained nurse, worked alongside some of our other members at the now closed Walnut Tree Hospital in Sudbury and they had many amusing tales to tell. Pauline also worked hard for charitable causes.



Pauline at our 2019 Garden Party

We will hold a minute's silence for Pauline at our next meeting to reflect on the many happy times spent together.

Pauline Hatch, WI Secretary

Sturmer WI Last month our very own member Jo Porth gave a very interesting talk entitled "Three Inspiring Women." Jo informed us that Lime Regis holds very special memories for her and is one of her favourite places to visit. It was here that she had holidays with her family and also honeymooned with her husband so it is not surprising that Lime Regis was linked to all three inspiring women. The first lady was Eleanor Coade an 1800 business woman who was a manufacturer of durable artificial stone. It was used in many places around London but Jo first noticed it in Lime Regis at Eleanor's Belmont House. There is also a Coade stone frieze at local Ickworth House. The second inspiring woman was author Jane Austen who based her final novel Persuasion around Lime Regis. Jo has visited The Pine House where Jane Austen lived but the assembly rooms featured in the book is now a car park.

The third inspiring woman was Mary Anning an English fossil collector and palaeontologist who became famous for her fossil collection all gathered along the coast of Lime Regis. London's Natural History Museum displays several of Mary's remarkable fossil finds including an ichthyosaur.

Diane Freeman, WI Committee Member

Barton Mills WI Our Speaker, Helen Ackroyd, talked to us about Lord Fairhaven the owner of Anglesey Abbey. Helen has been a room steward at Anglesey for 13 years so had a lot to tell us.

She started with its earliest history as a priory, ironically it has never been an abbey, up until when it was bought by Huddleston and Henry Broughton in the early 1920's as a 'bachelor pad'. Their love of horse racing, its closeness to Newmarket and of shooting made it ideal. It was an empty shell and they set to work to furnish and decorate to their taste. Money was no object they had inherited a fortune from their American mother. When the younger, Henry, married he sold his share to his brother and moved out. Life at Anglesey was run with military precision. Visitors had to arrive at front door at 7.45pm on the dot, followed by a gin and grapefruit cocktail in the library at 8pm, a four course dinner served at 8.03pm in the dining hall. When Lord Fairhaven finished his course everything was cleared away so you had to eat fast! At 9pm the radio was brought in by the butler so that he could listen to the news. He died in 1966. A fascinating insight to the owner of a place so many of us have visited.

Marilyn Badger, WI Secretary

Stanton WI Members spent a Saturday morning learning two new flower arrangements, taught by President Maureen Johnson and committee member Jackie Dorling.



Members getting creative



Members floral creations

Everyone went home with two delightful and very professional looking arrangements, a Mug Mound (an ideal gift!) and a table arrangement, using the beautiful flowers provided and sharing the greenery

scavenged from members' gardens all over Stanton! The morning was such a hit, that there will be a Christmas table arrangement morning in December.

Jane Duffield, WI Secretary

Thurlow WI Our October open evening was very well supported by other WIs and friends. Our guest speaker for the evening was Lindsey Barrell (aka Ms Cherry Bombe) who was supported by 5 of her Bombshells!

Lindsey is an inspirational woman whose journey from single mum to President of a very large



Essex WI to forming a Burlesque group from her WI members. She has formed not only one group, but there are now 3 groups who perform to support several different charities. Lindsey's talk was rounded off by a performance by herself and her Bombshells. Such admiration from the audience for all of the dancers.

Home made cakes with tea and coffee was followed by an auction. One of Thurlow's members, who is a popular local artist, offered to do a portrait of a family pet or home. There was a table of jigsaw puzzles available for a donation to the ACWW, and the evening finished with a raffle.

One of the funniest and most entertaining evenings we have had.

Helen Bennett, President Thurlow WI

Horringer Court WI Happy 19th birthday to us! What a great evening of singing (fortunately not us) and dancing.

Sheila Deare made a fabulous cake and we had a very successful bring and buy stall with lots of jigsaw puzzles. Instead of a secret Santa this year we are collecting donations for the women's refuge. Our theatre group is off to the Theatre Royal next week and our walkers are off to Lackford Lakes. We are busy girls!

Lucy Fromings, WI Committee Member



Rickinghall WI Our neighbouring village, Botesdale, held a Community Fair in October to raise awareness of activities within the local area. Rickinghall WI had a stand and we attracted a number of interested ladies, many new to the area, so we are hopeful we will see a few new faces in the coming months to add to the 6 ladies who have joined us since we re-started our meetings.



Committee members Jennie & Lesley with their WI stand.

Our October speaker was Captain Adrian McCourt who told us The Trinity House story. Trinity House is on Tower Hill in London, Princess Ann being the current Patron. It was founded by Royal Charter by Henry VIII in 1514 and built its first lighthouse in 1609, and in 1836 bought up the remaining private lighthouses around the UK and Channel Islands to keep mariners safe. Today Trinity House owns and maintains 66 lighthouses, safety buoys and safety boats along the coasts. It runs a number of charities for sailors and their families and the Brethren who run the organisation are a mix of Royal and Merchant Navy. Trinity House itself is a magnificent building, housing a number of large portraits of famous seafarers. It also owns land in Essex, providing it with a healthy income. Adrian was an entertaining speaker with a wealth of knowledge.

Rosemary Setterfield, WI President

Fornham All Saints WI We celebrated our 103rd birthday in traditional WI style with a beautiful cake made by our expert, Margaret Muttock, as well as wine and Elderflower Fizz!

Before the celebrations Joe Rudland an osteopath from Abbeyfields Clinic, came to tell us about Pain, Arthritis and Osteopathy. Osteopathy was founded by Andrew Taylor Still, a physician and surgeon, in the USA around 1874. So it's history is quite short. At the time Dr Still was practicing as a physician, he realised that traditional therapeutic regimes often caused more harm than good, as medicines commonly prescribed were arsenic and opium! Believing that a body wants to be healthy he investigated alternative treatments and eventually osteopathy was born. To become an osteopath in UK there is training for four to five years to attain a Masters degree, 1000 hours of clinical experience and the requirement to do CPD training each year, plus being registered with the General Osteopathic Council. Joe advised that appointments were 30 minutes long so he was able to have plenty of time with his patients, which helped to pick up other problems that were not obvious. Joe has special interest in acute low back pain, sports injuries and many others.

Elizabeth Gingell, WI President

Wickhambrook WI

Dorothy Anderson and Gillian Cooper recently enjoyed the Sudbury Walking tour, learning all about Sudbury's wonderful history whilst soaking up the autumn sunshine.

"Gillian and I thoroughly enjoyed the walk at Sudbury. Thanks to all involved."



Dorothy Anderson, WI President



Our **golden ticket** winner for October was **June Bryant (Risby WI)** and our November winner is **Tina Walker (Newmarket WI)**

Both ladies were lucky recipients of a £15 cash prize! Also up for grabs is the bumper £50 cash prize drawn at our Federation Annual Meeting in April 2022.

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

| | | |
|-------|-----------------------------|--------|
| Name: | WI: | Email: |
| Tel: | Address: (for posted items) | |

| Event | Ticket price | No. required | Names of attendees | Other information |
|---|-----------------------------------|--------------|--------------------|---|
| Sandringham Christmas Fair Friday 19 November | | | |  |
| Craft & Chat Monday 22 November | | | |  |
| Sound of Wales The Apex Saturday 27 November 7.30PM | £21 pp | N/A | | Book via the Apex . |
| Resolution Discussion Meeting Monday 29 November 10.30AM Zoom | FREE | | | ZOOM EVENT Email addresses are required. |
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| Whist Coffee Morning Tuesday 30 November 9.30AM Park Farm | £6 per member | | | Dietary requirements: |
| Soup & Natter Friday 10 December 12.30-2PM Park Farm | £7 per member £7.50 non member | | | Dietary requirements: |
| Carol Celebration Monday 13 December 2PM St Marys Church BSE | £3 pp | | | TICKETS MUST BE BOOKED IN ADVANCE |

| Item | Price & PP | No. required |
|-----------------|--|--------------|
| SWFWI Mug | £10 (+£3.20 p&p)* | |
| SWFWI Tea Towel | £5 (+90p p&p) | |
| SWFWI Keyring | £1.50 (+90p p&p) | |
| SWFWI Badge | £2.50 (+90p p&p) | |
| SWFWI Pen | £1.50 each (+90p p&p) or two for £2.50 (+90p p&p) | |

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

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

*Combined postage for multiple items (including 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.