



Chairman's Chat

Hello everyone,

As we all faced Easter in lockdown, I hope that you are keeping your spirits up. I know some of you will have missed going to church and missed seeing their family and friends for Easter. I did however, get in touch with my daughter and family, my grandsons told me that the technology department of their school, Cheltenham College has been making face masks for the NHS, what a wonderful use of their resources. I sent the school foundation an email congratulating them on their initiative and received a lovely reply saying it was the least they could do. So many people doing things to help others in these difficult times.

Talking about helping others, well I think that is his intention, I put the TV on for the news, I only listen a couple of times a day, you can have too much information on the virus I find. Well instead of the news, I received a vision of multi coloured Spandex, heavy beat music and "uh huh, oh yeah, let's go". Oh my word, Mr Motivator's back, he was sitting in a chair in this skin tight multi coloured leotard with a cushion between his knees exercising his inner thighs and pumping iron with a tin of beans, talk about frightening the horses, I'm glad mine can't see the TV from where she is! Oh well, I'm over the shock now and I hope you are all keeping well and happy. If I may quote Her Majesty, "we will meet again" - all of us. Keep your chins up,

Julie Higgins, Federation Chairman

Hello from the WI Office! I want to begin with a huge thank you to our members who've been in touch to say how much they enjoyed the first issue, and to those of you who have sent in content - I've had an amazing response and it's been wonderful to hear from you all and to read your heart warming anecdotes. I've included as many as I could fit in this edition, but if you don't find yourself starring in these pages please don't be disheartened, your efforts have not gone to waste and I will include you in a future issue - don't forget it's fortnightly so there's room for everyone!

I hope the sunshine has been putting a spring in your step? I've been out in our garden planting our vegetables beds with Mabel and painting the garden fence under the close supervision of Sid,

our almost two year old Cockapoo. Needless to say he's enjoying lockdown and is getting his daily exercise!



Don't forget I'd love to hear from you! Please send your reports (150 words max.) & photos to office.swfwi@gmail.com by 23rd April. Also, if you know a member who doesn't have email access to the newsletter and you have a printer, why not print them a copy and drop it through their letterbox.

Stay safe and stay well,

Rachel Hows, Federation Secretary

Golden Ticket Club WINNER



The winner of the April 2020 £50 prize draw was Doreen Avenell and Josie Goddard of Honington & Sapiston WI. Well done ladies!

Rachel Sparks, Finance Assistant

Stop Press! The Board of Trustees are pleased to announce that June Bryant from Barrow & District WI has joined the Board. June said "I look forward to another chapter in my WI experience & working with you all" & we look forward to working with you June. Sadly as one door opens another one closes & Joyce Haiselden has decided after many years to resign from the Board. Joyce was Vice Chairman for a number of years and has been on PA and Combined Leisure Activities and will continue to serve on these sub committees. A very big thank you to Joyce for all her hard work and sage advice, we will miss you.

Julie Higgins & the Board of Trustees

Obituary: Kate Trevitt, Great Barton WI



It was a great shock to us all to learn of the sudden death of our dear friend Kate Trevitt.

Kate was a member of Great Barton WI for a number of years. She served as President, then for more than twenty years as Secretary.

During that time she built up a huge knowledge of WI and WI proceedings which she shared generously with all who sought her help. She was the helpful prop behind each new President, including myself, as we took office, and wisely guided us in all procedures. Nothing was too much trouble.

Kate's computer skills were amazing and her letter writing superb. She could word her letters in a most powerful yet diplomatic way. Kate organised all our Christmas Dinners liaising with the caterer, sorting out menus and buying the wine. For several years Kate opened up her garden and hosted our Summer Suppers which were greatly enjoyed by all.

Kate was the backbone of Great Barton WI and she will be greatly missed by members but mostly by the Committee. However we are determined to keep Great Barton WI flourishing if for no other reason than to remember Kate and all she gave to our Institute.

Of course although WI took up a lot of Kate's time, she was also involved in the village with Parish Council, Village Hall Representative, Friday coffee mornings etc. and not least Great Barton Village Hall Luncheon Club. When Molly Lumley, Elsie Meen and I set up the Lunch Club, Kate joined us as Secretary dealing with any correspondence and providing lovely table decorations and menu cards each month.

We must not forget, that although Kate was involved in so many things, she was first and foremost a Mother, Mother-in-law, Grandmother and Sister and our thoughts and prayers are with all her family.

Kate was a very busy talented lady who will be remembered for a very long time by all who knew her. It was indeed a privilege to know her.

Janice Campbell, Great Barton WI

Cookery Corner

Soup n' Natter host Yvonne King is here to help you cook up a storm.



SPICED PARSNIP SOUP

- 1 onion chopped
- 1 ½ lbs parsnips diced
- 1 tsp ground coriander
- ½ tsp ground cumin
- ½ tsp ground turmeric
- ¼ tsp chili powder
- 1 medium potato diced
- 2 pints chicken or vegetable stock
- Salt & Pepper
- Milk or cream (optional)

Makes approx. 2 litres and can be frozen before you add the milk or cream.

Cook the onions in a little water until soft. Stir in the spices & cook for one minute. Add the parsnips, potato, stock & seasoning. Bring to the boil, cover & simmer until the vegetables are cooked. Puree in a blender and add a little milk or cream if needed.

Teatime Teaser



Nursery Rhymes

1. What did the Owl and the Pussycat take with them on their boat?
2. On which day was Solomon Grundy married?
3. Who dug the grave for Cock Robin?
4. What was the only tune the Piper's son could play?
5. What did Saturday's child do?

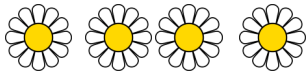
Answers below.

Tea Time Teaser (Issue 1) Answers:

- | | | |
|-------------|---------------|---------------|
| 1 Greece | 2 Rice | 3 Switzerland |
| 4 Panettone | 5 Pumpkin Pie | |

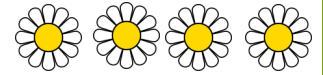
Tea Time Teaser (Issue 2) Answers:

- 5 Works hard for a living
3 The Owl
4 Over the hills and far away
1 Honey, money, £5 note, guitar
2 Wednesday



The Daisy Chain

Linking together our WI members across the county



Wickhambrook WI Here in Wickhambrook we are getting used to the lockdown. We feel lucky to live where we can enjoy solitary walks, blossoming trees, lambs and foals and beautiful gardens but we do miss the companionship of the WI.

Two weeks ago, a Coronavirus Helpline was set up in the village by staff at The Greyhound pub & Twenty One restaurant. They field calls and help with deliveries to the housebound. The village shop remains open with shorter hours and deliveries of groceries. The surgery and pharmacy are open too, so we feel very safe.

Gillian and I delivered the WI News and The Hive. Book swaps are taking place on doorsteps as well as gifts of eggs, rhubarb and magazines. A tap at the door, a wave at the window and more phone calls than usual keep our spirits up. Dorothy Dennet is baking cakes for the staff at the surgery and members are collecting daily papers for neighbours.

We will get through this together,
Dorothy Anderson, President

Boxford WI is holding a weekly chat on Zoom on a Wednesday afternoon. We have a cup of coffee or tea together and it feels great to see each other virtually.
Annie Phillips, Secretary

A tale of two halves

Whilst sorting my kitchen cupboards in January I found some Easter egg moulds which I acquired



when my daughters were young (around 45 years ago). I debated whether to throw them away, then I thought maybe I could use them one last time with my granddaughters over the Easter holidays.

Three months later, the granddaughters are not here but suddenly I have time on my hands. So out came the moulds, a couple of bars of chocolate and loads of patience. Building up the layers of melted chocolate in the moulds to the required depth was very time consuming but on the other hand rather therapeutic! Getting the shells out of the moulds was more of a challenge and much more frustrating, resulting in several broken shells before I had two complete eggs. After filling with some treats, I then had to handle very carefully whilst fixing the two halves together. Finally, I decorated them!

Moral of this story - it's not always good to discard things from the back of the cupboard, as you never know when they might come in useful!

Shirley Rogers, Chevington WI



Seamstress Superstar! Risby WI member (and my Aunt), Julia Warnes is a super seamstress with a huge heart who is selflessly sewing scrubs for West Suffolk Hospital. She has quite the production line on the go, she told The Hive "I have three machines set up, one to overlock raw edges, one to piece the scrubs together and one to topstitch". She added "Making them is giving me structure to my day. I get up as if I were going to work, put on my make up (as my mother says "we can't let standards slip!") and then out to my sewing room, only coming back in for a quick lunch."

However her fabric stock is beginning to run low and she is looking for donations of any dark coloured sheets or duvet covers in 100% cotton or poly-cotton mix. She is happy to collect whilst making her essential journey and will obviously stick to all social distancing rules. If you have any material you could donate then please contact Julia directly on sewmadd@outlook.com or 07810 650855.



I am always incredibly proud to call Julia my Aunt, and more so than ever! Keep up your incredible enthusiasm and amazing work to help protect our NHS!

Rachel, Federation Secretary & Niece

Sudbury QH WI

The Sunflower Quality Herald was launched on the 16th March 2020.

The importance for our continued contact and support for our ladies during this time was paramount as many live alone.



Its name was decided utilising our SQH initials with the bright picture emblem of sunflowers from Calendar girls to brighten our front page and remind us of springtime and hope.

Ideas and contributions flooded in from our members with stories, poems, recipes, jokes, a quiz, craft, cookery, support and advice sections. Feedback to date highlights its success bringing joy, laughter and comradeship to members during these anxious times.

We have reduced our publication from weekly to every two weeks to alternate with "The WI Hive". Now our members get both local and regional news to look forward to maintain the true WI spirit of sisterhood.

Warmest wishes & stay safe,

Marie (President) and all at Sudbury QH WI

BURY WI have also started a monthly newsletter, and are using email to share information, tips and things to do as well as staying in touch.

Two incidents which really brightened my day; children are drawing rainbows to put in the window as a message of cheer. Two little girls opposite went one better, they spent a Saturday afternoon armed with a box of jumbo chinks colouring in the brick wall outside their house. On Sunday morning I went into the front garden to hear beautiful singing. An elderly couple were on their doorstep being serenaded by a lady in an adjoining garden! Isabel Glasscock



Great Ashfield & Badwell Ash WI

Well I've finished the Year End accounts, the garden has never looked so good (there's an acre in total, but I can see me running out of jobs) and I've been knitting cannula covers for babies.

Wishing you all good health, stay safe, stay well,

Janet de Vries, Treasurer

Laughter is the best medicine Please note the following is fictitious. No identification with actual persons, places, buildings and products is intended or inferred, but is entirely hysterical!

Mobberly WI Missives #1

Written by Richard Banks

It is with regret that Mobberly WI have had to cancel Tuesday's talk from Margot Petherick "101 useful and decorative gifts made from toilet rolls" due to panic buying. Fortunately, Maureen Clutterbuck is ready to step in with her informative slideshow on "Life onboard the Grand Princess cruise ship", live via videophone from somewhere just outside San Francisco. Maureen had hoped to give us the talk next month in person, but she's stepped up to the breach. We wish her and husband Cedric well, and hope the face mask won't impair the sound quality.

Judith Bickerstaffe has kindly emailed the crochet patterns for the face masks and matching underwear sets. Anyone who runs out of wool should message Delia who will leave fresh supplies in a vacuum sealed sandwich bag on your doorstep. She will knock the theme tune to Miami Vice on your door so you know it's her, you'll have to take pot luck on colours but I do know there is a particularly lovely shade of burnt copper.

If any of our less able members need provisions such as bread, milk, wine, Gin or pickled walnuts please contact Cynthia, who will pop to the shops for you providing her moped isn't being used by her grandson for pizza deliveries.

Audrey wants to apologize for the mix-up with the medication run, but please be rest assured Joan suffered no side effects from taking Marjorie Butterworth's husband Viagra and haliborange. And likewise Marjorie's husband seems to have responded really well to the HRT. Marjorie says they even agreed on the pattern for their new curtains.

Great news we have started collecting prizes for the summer raffle. It looks like the star prize this year may well be a pack of 9 Andrex Quilted Aloe Vera toilet rolls. Shortly followed by a complete set of knitted Nolan Sisters toilet roll covers. Mavis says any resemblance between Colleen and Anne Widdecombe is purely coincidental.

Right Ladies I must dash, I hear Springitts has just had a fresh delivery of tinned prunes.