



Chairman's Tête-à-Tête Hello everyone, how are you all? I've been in a reflective mood this week, recalling things to cheer me and others up, goodness knows we need it. I think Jill Gooch started it off by saying she was getting her memoirs together and laughing at many, this got me thinking. My mother used to quote a poem at my sister and I if we said, "oh can't be bothered with that" or "do we have to do that, it's boring". My mother had a poetry book in her head, I swear she had and this one is by Robert Herrick 1591-1674 and it encourages young girls to make the most of their time, it goes: *Gather ye Rose-buds while ye may, Old Time is still a-flying: And this same flower that smiles to day, To morrow will be dying.*

To this end, although I now admit to not being that young, I've been noting some funny things from recently and the past. I found a graveyard survey done by my mother's WI in the 70s, my mother led the expedition into the churchyard to record the gravestones, trod on a not too safe grave and descended into it, the other members had to run to the rectory to get the Rector to pull her out! I then found a photo of my gorgeous old, curmudgeonly donkey who only did what he wanted to do which made me smile, and remembered with the help of a photo a short break in Venice with the Risby girls when we sat in a canal side cafe well into a hot Venetian night and watched fireworks at midnight to celebrate The Festa del Redentore a Venetian celebration of the passing of the plague in 1576 - sound familiar? Not to mention the thing that really made me laugh on Saturday night, Caroline Quentin and Johannes Radebe danced the Cha Cha Cha with Johannes dressed, well half dressed as a fireman who rescued Caroline's cat from up a tree, absolutely hilarious, I think it was Johannes who needed rescuing from an outrageously flirty Caroline!

What's made you laugh now or in the past, let's start a feel good column in The Hive, come on let's have a

Hello from the WI Office We've had a wonderful response to our Centenary merchandise, especially the badges, so if you were debating whether to snap one up I'd be quick. They are just £2.50 each (inc. P&P). If Government restrictions are lifted on the 2 December then you are more than welcome to stop by and collect any larger centenary items like mugs and tea towels. Contact us on 01284 336645 or office.swfwi@gmail.com to place your order.

Just a few reminders this fortnight:

- You have until 1 December to send in anything Christmassy for our Christmas edition of The Hive.
- Nominations for the Board of Trustees need to be returned to the office by 5 January 2021 (see issue 17 for more details).

If you have something to share in the next issue (a Christmas recipe maybe?) then the deadline is Monday 7 December.

Mabel's countdown to Christmas continues, today it's only 29 days to go!

Keep safe and keep smiling ♥

Rachel Hows, Federation Secretary



My WISH Charity want to thank WI members for their continued support during COVID-19.

Usually at this time of year they receive hundreds of donated gifts for patients who have to spend the festive period in hospital. They are unable to accept physical donations right now, but with this in mind they have spoken to Santa and gone virtual!

You can donate a 'gift' at visufund.com/wishxmas and still spread festive cheer. Wards will be able to buy presents or hold a Christmas party, after all who doesn't enjoy a Christmas sing-a-long!

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

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



January Events

Tuesday 12 January, 2pm

Suffolk Wildlife Trust: January Activities at Trust Sites with Michael Strand

2021 marks Suffolk Wildlife Trust's 60th anniversary and with it even more urgency for everyone to do their bit for wildlife where they live.

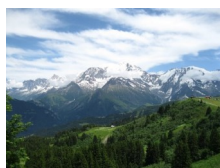
Find out about the work of SWT and how it has saved some of the county's most special places for wildlife. Learn about what you can do to improve wildlife in your garden and local wildlife spaces.



Tuesday 19 January, 7.30pm

La Route des Grands Alps with Sue Beavan

Sue will share her picturesque and entertaining journey from the gorgeous setting of Lake Geneva over the high passes of the Alps and down to the warm and beautiful Menton.



Thursday 21 January, 7.30pm

Let's Craft: Make a Mini Scrapbook Album with Margaret Brackenbury

Margaret will show you how to make a 6"



square mini album, ideal for a gift after an event i.e. a special birthday, wedding etc. To make this album you do not need glue, and you will be able to add photos later. To take part you will need:

- 5 pieces of scrapbook paper measuring 12" x 6" so you will need three 12" x 12" double sided scrapbook papers. If you don't have double sided you could stick two single sided sheets together.
- 5 wooden kebab sticks at least 7" long
- Ribbon/lace/buttons or other decorations
- Thin cord/embroidery thread
- Mini stapler & paper trimmer (not essential), a ruler and a pair of scissors

Wednesday 27 January, 7.30pm

The Theatre Royal Reimagined with Colin Blumenau

Hear about the work behind the scenes which resulted in the changes to the Theatre Royal in Bury St Edmunds to restore it to its original glory while Colin was in post. Currently Colin is the Artistic Director of The Production



Exchange and has run theatres for many years. He also writes and directs plays. One of his many achievements was from 1996 – 2011 Colin when he was leader of The Theatre Royal and during which time he led it's work on "*Restoring the Repertoire*" a project which has seen the revival of a significant number of plays from the 18th and 19th century and he led the organisation through an award winning major restoration project at a cost of £5.3 million which was delivered on time and to budget.

Tickets are **£5 per person**. 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.



Suffolk West on Your Sofa Christmas Special

With

LONDON WELSH RUGBY CLUB CHOIR

Monday 14 December, 7.30pm

Join us for an evening of entertainment with a few of the boys from the London Welsh Rugby Club Choir, featuring an interview with the Choir's Chairman Joe Jones, interspersed with their wonderful music and followed by a pre-prepared Q&A session.

As a little Christmas gift to you we are very pleased to offer this event **FREE** of charge.

Snap up your tickets TODAY!
(and tickets for your friends and families)

Book through the WI office on
01284 336645 or
office.swfwi@gmail.com



Public Affairs Memo: WI campaign news

16 Days of Action to End Violence Against Women

From 25 November - 10 December NFWI is highlighting 16 days of action to end violence against women. There are some great ideas on how to get involved in the latest PA Digest [here](#).

Suffolk West PA Committee also got in touch with local refuges to see how we can help.



Bury Women's Aid Centre will be posting daily on their [Facebook](#) and [website](#) to raise awareness of their services, and are also holding a 'Duck Race' to raise funds.



Lighthouse Lighthouse Women's Centre, Ipswich are holding an online event for businesses supporting employees affected by domestic abuse and will also be launching a 16 day Facebook campaign. You can like and share their posts [here](#).

Normal methods of fund raising for both of these charities is curtailed this year, but one suggestion is that you can donate a £5 supermarket gift voucher to either charities be passed on to survivors.

We hope you will be able to do something to help raise awareness and support these charities at this difficult time.

Annie Phillips, PA Committee



How to make beeswax food wraps

When Sue Monaghan, Great Ashfield & Badwell Ash WI, sent her Founders Day photo to the office and told me she was making beeswax tablets I knew she had to feature in *The Hive*. Sue shares with us her craft that not only reduces plastic pollution but supports honey bees.

I started making my own beeswax food wraps because my husband is a beekeeper. Each winter he takes surplus boxes from the hives and this also allows him to remove and melt down old wax comb. He devised a system to extract the wax by using a steam wallpaper stripper, which he attached to the side of the boxes of old comb and pumped steam into them! It melted down through the boxes and then through two sieves. It worked beautifully! This year we harvested 2.4 kilos of pure, honey-smelling wax. We then turn the wax into tablets and pellets.



Make them Yourself!

To make a wax wrap I cut a square of pre-washed 100% cotton fabric using pinking shears. I place it on a sheet of greaseproof paper and then sprinkle on the wax pellets.



I place a second sheet of greaseproof paper over the top and then using an old iron on a low setting, I place it on the top piece of grease proof paper. The wax then melts into the fabric.

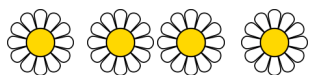


To finish, I waft the sheet and it dries in a few seconds and I have made a beautiful, honey-smelling beeswax wrap.

The wraps may be used to replace Clingfilm and foil and are considered to be more eco-friendly. They are reusable and can last about a year depending on how often they are used. I have also made pouches, using unbleached calico, to protect and keep them in.



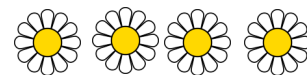
I keep mine next to my Clingfilm and foil to remind me to use them and to break old habits! My family and friends all use my wraps and are now converts!



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.



Stanton's Poppy Tribute



As a member of both Stanton WI and Royal British Legion, and ex WRAF, I volunteered to organise the decoration of our war memorial in 2018 for the 100th anniversary of the end of WW1. Local people, mostly WI, knitted poppies and we attached them in shifts to camouflage netting. That first year we had 2467

poppies on a "shawl" around the base of the memorial with a "collar" from which trailed 4 "streamers" of poppies. Last year another 500 or so poppies were knitted and we added a "crown" and 2 more "streamers" but this year I didn't ask for any more poppies to be knitted, believing that there was no more to do. Unknown to me, however, two local ladies carried on knitting and we didn't know until a week before we were due to decorate the memorial for this year's Remembrance. I already had a team helping me make a pom-pom rainbow addition, in tribute to the NHS staff who have lost their lives in the "war" against Covid19. So, I suddenly had another 500 poppies to try and use! It took me a few days to think up what to do with them, but it came to me at the 11th hour as I was scrapping an old rose arch in my garden. As I pulled it together to dispose of it, I suddenly saw a large droplet shape. Five days, and some midnight oil later and the red



teardrop was hanging on the wall of Celia's, opposite the memorial. Next year will be the 100th anniversary of the founding of the Royal British Legion and we already have plans to make our tribute an even more poignant homage to the young local men who paid the ultimate sacrifice for our freedom.

It has been a very enjoyable exercise and I am very grateful to all the WI members and others who have given their time so generously. It is rewarding to see people stopping, admiring and hopefully thinking about the names on the memorial. Viv Cunningham

Honington & Sapiston WI

I looked at my huge bag of left over yarn and decided to try Tricia's diagonal knitting idea. Casting on three stitches I knitted in garter stitch increasing at the start of each row until I had 300+ stitches then crocheted round to tidy the edges. It's mainly double knitting and is very cosy! The bag still has a lot in it but is no longer as colourful.



Sue Smith, WI Member



Mildenhall WI Sandra Smith the President of Mildenhall WI laid a beautiful poppy wreath remembering all those who fought but who did not return for Remembrance Day.

Anne Greenfield, WI Secretary

Barrow WI

For our November meeting we should of been making Christmas Trees, so our members didn't miss out it was decided to make up a craft goody bag. A great big thank you to our Treasurer Irene Pennell (who was going to show us how to make them) for sorting out the kit to make it possible. It was lovely for me to deliver all the goody bags with step by step instructions of how to make a Christmas tree before lockdown and have a social distance catch up chat. I'm sure we will all enjoy making them up ready for the big day. Members also received the must have chocolate and a 2021 WI diary ready to make a note of the exciting events planned for next year. We all have everything crossed on that one.

June Bryant, WI President



ACWW Corner: Our representative Val Simpson keeps you up to date.

Did You Know? ACWW uses its

Consultative Status with the UN and its Agencies to represent rural women, facilitate better access to better information resources, funding community development projects and training programmes.