



THE WI HIVE

Your monthly buzz on Suffolk West 

Chair's Chat

Unbelievably, my chat this month is about the **2024 Federation Annual Meeting (FAM)**.

In recent years FAM has had many changes, including venue. Many of us enjoyed The Apex, but as the number of members attending dropped it became too expensive to hire, so we moved to a smaller venue at Culford School. An outstanding venue, but as FAM's popularity began to grow again it soon became clear it was impractical with limitations on facilities, capacity, catering and increasing hire charges. With this in mind I decided we should look at larger cost effective venues.

Since June 2023, a team have been working alongside our Federation Secretary researching venues and comparing costs, facilities, catering and parking. I can now confirm our **2024 FAM** will be held at **Thurston Community College (TCC) on Thursday 11 April 2024**. I'm very excited about the new venue. TCC offers us better facilities, more seating and is cheaper to hire which will impact favourably on the ticket

price! For 2024, we're offering a two tier ticket price with and without a catered lunchbox.

I know some of you have long memories and will remember our Autumn Council Meeting at TCC in 2017 when we were disappointed with the facilities, but I can reassure you since then it has had an extensive refurbishment!

So for, now save the date until tickets go on sale in the October issue of The Hive when we'll reveal the full details and our speakers!

Maggie Glavin | Suffolk West Chair

SAVE THE DATE

11 APRIL
2024

THURSTON COMMUNITY COLLEGE



FEDERATION ANNUAL MEETING

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

01284 336645 | office@swfwi.org.uk | Reg. Charity Number 1179294

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

SUFFOLK WEST FED OF WOMEN'S INSTIT | Sort Code: 089299 | Account number: 65868449



WI Office Information

When you book tickets with Suffolk West Federation please remember:



- Payment is due at the time of booking
- Refunds will not be issued unless your ticket(s) can be resold.
- £2 admin fee is deducted from your refund.

Rachel Hows & Rachel Sparks | Office Team



2024 WI Diary £7.50 each

The 2024 WI Diary is on sale **until 31 October.** The navy

blue week to view pocket diary has a 100% recyclable cover and contains useful WI info.

Place your order with our Finance Assistant Rachel Sparks via finance@swfwi.org.uk or 01284 336645, or with your WI Secretary.

Diaries are £7.50 each +£1.25 postage, or can be collected from the WI Office free of charge.

Delivery/collection will be the end of November.

Public Affairs Campaign Corner



SWFWI & the River Stour Trust

We're very pleased to reveal that we'll be working with the **River**



Stour Trust on their campaign for a

designated bathing area between the Granary Cut in Sudbury and the Great Cornard Lock.

A designated bathing area will play a key role in tackling river pollution. It means water must be tested for bacteria and water companies will be obligated to tackle pollution in the area leading to the water quality improving for both people and wildlife. It goes hand in hand with The WI's latest Clean Rivers campaign.

You can help by filling in their survey:

www.riverstourtrust.org/sudbury-clean-water-initiative/ and watch out for more information on our collaboration coming soon!

Sudbury Gainsborough WI

Did you spot one of our own WIs making a splash for clean rivers? They were featured on the front page of the Suffolk Free Press when they popped on their swimsuits and set up afternoon tea in the River Stour to protest for Clean Rivers. We're incredibly proud of them! Go Gainsborough Girls!!



EVENTS

It is essential we have your email or phone number to contact you directly about your booking. Same applies for group bookings.

To book use one of our five easy options:

- Call 01284 336645 & pay by card
- Email finance@swfwi.org.uk
- Use The Hive booking form (pg. 12)
- With Your WI Secretary at your WI meeting
- Via **eventbrite** *booking fees apply



Soup & Natter

at Park Farm Business Centre

WI Members £8 | Non members £8.50

Friday 6 October | 12.30-2PM
Tomato & Herb or Broccoli & Stilton

NEW Friday 3 November | 12.30-2PM
Carrot & Coriander or Celery



Mahjong

at Park Farm Business Centre

2 & 16 & 30 Oct | 6 & 20 Nov | 2-4PM

Subs: From £5 + £2 per session

Contact: cassbacj@gmail.com to book



CRAFT & CHAT

Monday 30 October

10AM-12PM | Park Farm Business Centre

WI Members £2 (Paid on the door)

DON'T FORGET! When booking tickets to always include dietary requirements in advance so we can cater for you!

bookings
closed!

Quiz Night

Friday 29 September

Moreton Hall Community Centre

Ten Pin Bowling

Wednesday 4 October

10.30AM - 12.30PM

Bury Bowl

WI Members £9.50

Roll up your sleeves and show us your best shot

with the chance to play two games of ten pin bowling. Tea or coffee is included with your ticket. Bowling shoes are provided, but don't forget your socks!

Bury Bowl has free parking and a café selling snacks. Doors open 10.20am.

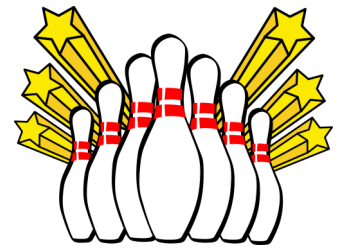


Photo Frame Workshop

Friday 20 October | 10AM - 1 PM

Park Farm Business Centre

WI Members £17

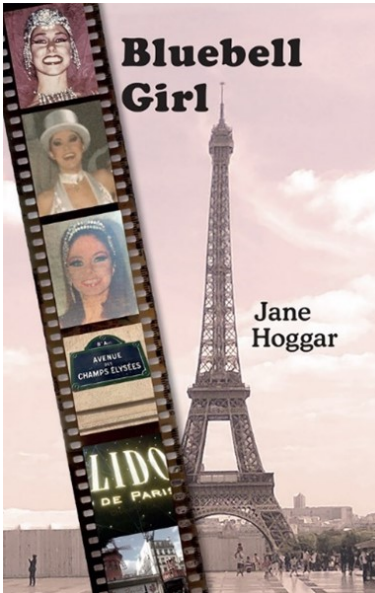
Create a fabric A4 photo frame with a choice of ways to decorate including stamping and stencilling. All craft materials will be provided, but if you have decorations you wish to use then please bring them along.



Federation Get Together with Jane Hoggar

Tuesday 31 October | 7.30PM - 10 PM

Horringer Community Centre | £12 pp



This October is our 103rd birthday! Join us to celebrate with entertainment from former Bluebell Girl, Jane Hoggar.

Jane will be treating us to a fascinating insight into the world of show business, with tales of travels

around the globe during the 80's that eventually led her to the remarkable Margaret Kelly, better known as Miss Bluebell of Le Lido de Paris.

Tickets include a drink on arrival, sweet and savoury treats and tea or coffee.

PA Coffee Afternoon Busting Myths around ADHD & Autism

Friday 3 November | 2PM -3.30PM

Bury St Edmunds Library

£3.50 per person incl. refreshments



Historically, Autism and ADHD have been recognised as mainly affecting men and boys, resulting in women and girls being overlooked or misdiagnosed.

This event is an opportunity to look beyond the stereotypes, hear real experiences and share your own in a safe space.

NEW Kaffee, Kuchen & Kurling

Monday 13 November

Risby Village Hall | 10.30AM - 12.30PM

£10 per person (incl. refreshments)

Team up with your friends for kaffee, kuchen (cake) and kurling!



Similar to bowls, each team has a set number of stones and take it in turns to slide a stone towards the target.

Using the new age version of Kurling which is adapted from the original game played on ice, the new take on this classic sport can be played indoors on any smooth flat surface and it allows all abilities to take part!

Craft Dabble Day

Friday 17 November | Park Farm

Monday 20 November | Sturmer Village Hall

10AM - 4PM

£25 per person incl. refreshments



Join the Creative Leisure Team for a day of dabbling in crafts:

- make a Scandi style wall hanging
- a beaded plant pot holder
- pom pom Christmas decorations
- decorate a plant pot

All materials will be provided, along with refreshments. **Please bring your own lunch.**

NEW Christmas Afternoon Tea

Thursday 23 November | Park Farm

Tuesday 12 December | Park Farm

2.30PM - 4.30PM | £15 per WI Member

We can't think of a better way to celebrate the festive season than to catch up with WI friends over a delicious Christmas Afternoon Tea.



Menu includes a glass of Prosecco (or No-Secco), sandwiches, scones, cake and a surprise table gift. Don't forget to wear something festive!

NEW Ten Pin Bowling

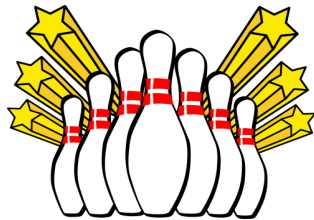
Wednesday 29 November

10.30AM - 12PM

Bury Bowl

WI Members £10*

Roll up your sleeves and show us your best shot



with the chance to play two games of ten pin bowling. Tea or coffee is included with your ticket. Bowling shoes are provided, but don't forget your socks!

Bury Bowl has free parking and a café selling snacks. Doors open 10.20am.

**Bury Bowl has recently had a refurb and with it their prices have increased ever so slightly, hence we have had to increase our prices too.*

Keep Calm & Let's Do Science

Saturday 17 February 2024 | Culford School

NEW 10AM - 3.30PM | Ages 14+

WI Members £35 | Non Members £37

SWFWI are pleased to present their second Science Day focusing on medicine, weather and plastics with an added bonus - brewing!

WITH GUEST SPEAKERS**Luke Browning**, a Biochemical and

Molecular Scientist who is working on replacements for single use plastics. Luke also runs the Biochemist Brewery, creating beers and ciders using his knowledge of chemistry to make them different.

**Morwenna Degan**, a Biomedical

Scientist who heads up three pathology labs for Gloucestershire NHS. She will speak about the impact of pathology during Covid and answer questions related to the WI Make a Match stem cell campaign.

**Chris Bell**, Look East weather presenter

and Chief Communications Officer and forecaster at Weatherquest Ltd. Chris will talk about weather predictions, why weather patterns exist and the link to climate.

Your ticket also includes tea or coffee and a buffet lunch. Over 14s are welcome as long as they are accompanied by a WI member.

All talks will include a Q&A and you will have the chance to chat with our scientists at lunch.



Editor's Note

Thank you to all our WI reporters. You've done a fantastic job sticking to our new 50 word limit. We love your reports, so the more we can fit in the better!

To be featured next month send your 50 words and photos to fedsec@swfwi.org.uk by 9AM Wednesday 18 October!

Hadleigh Evening WI



Our Ambling group recently enjoyed a walk in Mistley, with Maggie, our leader, regaling us with salient facts about the area including St Mary and St Michael Church. We also had a welcome interlude in Tea on the Quay before ambling back along the promenade.

Thurlow WI

We recently (wo)manned the tea tent at Thurlow village fete. Our tables were laden with cakes, sandwiches, sausage rolls, tea and coffee and soft drinks. We had an almost constant line of customers, but the highlight of our day was when a dog came racing in, snatched a cup cake and raced back out. We were so surprised!



It was great to see so many people enjoying the sunshine and entertainment.

Bury WI

This month we enjoyed a guided walk around town instead of a meeting. Entitled Ladies of the town, our guides Stephen and Lynn, led us around and told us of the famous (plus a few notorious!) women of Bury. We finished with lunch at Cote.



Moreton Hall WI

At our September meeting we presented a cheque for £45.10 to Tanya Fifield from the My Wish Charity. This money had been raised at our July meeting when members paid for their refreshments as part of the NHS Big Tea Party to celebrate 75 years of the NHS.



Boxford WI

Annie Phillips, our President is shown here promoting



Boxford WI at St Mary's Boxford Patronal Festival and church fete. We were advertising our social groups, craft items and what the WI do within our village.

Haverhill Owls WI

On one of the hottest days of the year, five ladies from the Haverhill Owls braved the heat and joined the Bridge the gap



walk in aid of The Arthur Rank hospice. Exploring courtyards, cloisters and chapels of the renowned Cambridge University, an experience not to be missed and all in a good cause.

Sturmer WI

We met with members of Haverhill Owls, Kedington and Radwinter WIs for a river walk to support the WI clean rivers campaign and the upcoming WI day.



Rougham Ravers WI

Rougham Ravers invited their wider community to hear a fascinating talk by Patrick Barker



about successfully twinning commercial farming with wildlife conservation.

Patrick has made several TV appearances; he is a much respected authority on conservation and innovative farming methods. His passion for his work and associated hobbies is wonderfully contagious!

Pakenham WI

This month we welcomed Peta Wilson, owner of the Bury Biscuit Company. She makes a robust biscuit which lasts a couple of months and Royal Icing of different



thickness. She demonstrated icing Halloween biscuits – ghosts and pumpkins, and lovely sunflowers, icing the centre first and sprinkling with seeds and then making the petals.



Members had a chance to try their icing skills and to buy biscuits!

Drinkstone WI

For our September meeting everyone enjoyed Hawk Honey's talk on the Forgotten Bees. We all left the meeting very much inspired to be more relaxed about the weeds growing in our gardens.



Hundon WI

At this month's meeting, the cost of the elaborate wardrobe of Queen Elizabeth I's was revealed. Her coronation gown was made from cloth of gold and tissue of silver, with a mantle lined with ermine.



Elizabeth presented her wealth and position at court through her clothes and jewels. During the last 4 years of her reign her annual wardrobe costs were £9, 535, that's £2,399.072.32 today.

Shimpring & Alpheton WI

Our speaker for the evening was Paige Pope from the Dogs Trust.



The first shelter opened in 1912 in Fulham, its main campaign was for the welfare of dogs in the entertainment world. They now have 21 rehoming centres. On average they take in 14,000 dogs a year. All the dogs are checked by a vet, vaccinated, neutered and microchipped. It costs £2,250 to care for and home a dog. An interesting talk!

Kedington WI



CONGRATULATIONS to Kedington WI on their 100th birthday!

Our Federation Chair, Maggie Glavin was invited along to the celebrations where a bench was dedicated to their WI. They then walked behind their banner up to the Royal British legion hall for refreshments.

Here's to the next 100 years ladies!!

Newmarket Evening WI

For our September Meeting we invited Chris Burford, a Savoy trained chef, to demonstrate the art of Dutch Biscuit Making. He had to make the biscuits in reverse as they need to be very well chilled as the dough is very soft.

It was a lovely evening and we all helped consume some delicious biscuits with a lovely cuppa, perfect!

Polstead WI

Our speaker this month was Kim Smith, who entertained us with her amusing experiences as a local cub reporter, and eventually as a national magazine features writer. Included were tales about famous people she had interviewed and various news stories she had covered as a journalist. Spellbinding!



Rickinghall WI

For our September meeting we welcomed Paul Mellor, a senior chaplain in the RAF, who served our late Queen and attended her funeral.

Paul told us about the explicit arrangements, both for her funeral and the overnight dress rehearsal two days earlier, the lengthy detours he made to get into London when most of it was blocked off for the Queen's lying-in-state and for the funeral.

Wickhambrook WI

Once a year we give the committee a break and the members take over the monthly meeting. This year we were treated to an evening of quizzes and a chance to try our hand at crafting owl hangers.



Fornham All Saints WI

We have been out and about this summer; visiting Peter Beale's roses, enjoying afternoon tea and admiring their gardens. We also had a fascinating tour of the Yum Yum Fudge Tree Factory in Woolpit, as well as Pimm's and homemade ice creams in a member's garden.

This month we visited the Anglo-Saxon village at West Stow. What a gem on our doorstep!

Sturmer WI

Lindsey Barrell was our September speaker. She gave us a fascinating and enlightening talk on British Sign Language. Apparently, people have been using sign language for about 500 years. Lindsey explained how important it is to speak clearly when addressing a deaf person so they can read your lip pattern and body language as well as the sign language. Lindsey then showed us a few common phrases spelled out in sign language and then issued us with alphabet sheets and walked us through the correct way to sign each letter.



Our September **GOLDEN TICKET** winner is
Shirley Rogers (Chevington WI)

High Suffolk Group Meeting


Blessed with a warm, sunny afternoon, the High Suffolk Group met to enjoy sharing information, entertainment and afternoon tea. Hartest WI was the host and the President, Lynne Webb, had the very pleasant task of welcoming everyone including WI advisers, Sue Beavan and Brenda Dyer and the Federation Chairman, Maggie Glavin

With perfect accuracy the secretaries' reports exploded the public's 'Jam and Jerusalem' stereotype of the WI; a pop-up coffee shop which has raised £9,000 to date, giving practical support to those struggling with the cost of living, a trip on the Deben from Ramsholt to Felixstowe, attending a rock pantomime and learning how to paint on silk were just some of members diverse activities.

The more usual business over, Homity, a folk duo, entertained the audience with folk songs and some of their own compositions. English folk songs tend to be rather depressing and miserable, often being composed as a response to tragedies or injustice. However, there was nothing gloomy about Homity's selection and the harmony of their two voices was delightful.

Refreshments followed with a grand spread of savoury items, seven kinds of cake and as much tea and coffee as members could consume. It had been a thoroughly pleasurable afternoon.

Booking Form Update

We've removed The Hive booking form as the WI Office rarely received ticket orders via it, and instead we've added an events calendar for quick reference 

EVENTS CALENDAR	
Quiz Night 29 Sept 7-10PM Moreton Hall CC	BOOKINGS CLOSED
Ten Pin Bowling 4 Oct 10.30 - 12.30PM Bury Bowl	Members £9.50
Soup & Natter 6 Oct 12.30-2PM Park Farm	WI Member £8 Non Member £8.50
Photo Frame Workshop 20 Oct 10AM-1PM Park Farm	Members £17
Craft & Chat 30 Oct 10AM -12PM Park Farm	WI Member £2 (Pay on the door)
Federation Get Together 31 Oct 7.30PM - 10PM Horringer	£12 per person
Soup & Natter 3 Nov 12.30-2PM Park Farm	WI Member £8 Non Member £8.50
PA Coffee Afternoon 3 Nov 2PM - 3.30PM BSE Library	£3.50 per person
Kaffee, Kuchen & Kurling 13 Nov 10.30AM- 12.30PM Risby VH	£10 per person
Craft Dabble Day 17 Nov 10AM- 4PM Park Farm	£25 per person
Craft Dabble Day 20 Nov 10AM- 4PM Sturmer	£25 per person
Christmas Afternoon Tea 23 Nov 2.30-4.30PM Park Farm	WI Member £15
Ten Pin Bowling 29 Nov 10.30 - 12.30PM Bury Bowl	WI Member £10
Christmas Afternoon Tea 12 Dec 2.30-4.30PM Park Farm	WI Member £15
Let's do Science 17 Feb 2024 10AM-3.30PM Culford	WI Members £35 Non members £37