



Chairman's Chitter Chatter

Hello everyone,

How long have we been in lockdown now? Seems like years, I hardly remember what it was like beforehand! It's St George's Day today and we're told the day William Shakespeare was born 23rd April 1564 and he apparently died on 23rd April 1616 although this is debatable. One of his plays was Taming of the Shrew which he wrote in 1593, it was to be performed for us in July in the grounds of Park Farm by my Niece & students from the University of Durham but sadly it won't be this year. I have invited them back to perform in 2021 and we hope they can do it for us then. The other casualty is sadly the Sound of Wales in Suffolk Concert at the Apex in June, this has been postponed until 8th May 2021. The Boys are looking forward to singing for us next year. You will be offered the chance to switch your tickets to 2021 or receive a refund. The Apex will handle this for us, so please don't ring the office regarding change of date or refund - thank you. I hope you will join us for these events next year and we will celebrate our centenary a bit late but it will be every bit as much fun.

Julie Higgins, Federation Chairman

Hello from the WI Office!

It's now been six weeks since we all began adapting to this temporary way of life. I hope you're all holding up ok, the sunnier days definitely help don't they, but I just wanted to remind you that it's also ok to not be ok everyday. It's ok to have a little cry or to spend a day curled up in front of the tv, you are allowed to rest, you don't need to be productive if you don't feel like it and you are allowed to switch off the news and forget about the world outside.

Take each day as it comes, find what works for you from an early morning stroll to an afternoon nap in your favourite chair. You're doing your best and you don't need to do more!

If you are struggling and missing loved ones then I hope you find some comfort and companionship in this issue.

Don't forget to keep in touch, we love to hear from our members and to see how you've been keeping busy!

Keep smiling and stay positive, we're all in this together,

Rachel Hows, Federation Secretary



We're here to help! Your WI Advisers are still on hand to help during these uncertain times. If you do have any queries please don't hesitate to get in touch with one of us.

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Next Issue! If you have a story to share or a recipe to recreate then send your report (150 words max.) and photos to office.swfw@gmail.com by Thurs 7th May.

Snap it! Caption it! We thought it might be fun to have a photo challenge. Somewhere to show off the photos you've snapped during isolation, but the rules are you have to caption it too! We have two entries to get us started.

Firstly, from our Chairman, Julie Higgins, a photo of her pony Batty playing with a toy duck, captioned *"I'll have this in my bath later"*



And secondly from Trustee, Janet Brown, on a recent walk through the bluebells with her

dog Loki, *"They said they're tiptoeing through the bluebells Humphrey - you do that through tulips not bluebells Mavis, I'm going back to sleep."*

Send your entries to office.swfwi@gmail.com

Public Affairs Memo

For some, home is not the safe place it should be. It is vital that anyone living with domestic abuse knows they are not alone. Below are helplines for support:

- If you or someone else is in immediate danger please call 999 and ask for the police.
- Bury St Edmunds Women's Aid Centre helpline 01284 753085
- Women's Aid National helpline 0808 2000 247

Online support is also available:

- burystedmundswomensaid.org.uk
- Women's Aid online chat service chat.womensaid.org.uk is available 10am-12pm daily
- Chayn.co provides free information and support. Chayn.co/safety also shows you how to secure your devices or clear your browsing history after accessing support services.

NO MORE
violence against women

Cookery Corner

This week Moreton Hall WI Secretary, Annette Brown shares her Marmalade Tea Bread recipe.



Ingredients:

- ½ pint cold tea
- 1lb mixed dried fruit soaked in cold tea
- 6oz demerara sugar
- 3 tbsp orange marmalade
- Juice & zest of 1 orange
- 1 egg
- 1 level tsp mixed spice
- 12oz self raising flour

Heat oven to 180C/gas 4.

Soak the mixed fruit in cold tea overnight if possible to soak up all the tea.

Add the sugar, egg, marmalade, juice & zest of the orange.

Sift in the self raising flour and mixed spice and mix to a slightly wet consistency.

Bake in a lined 2lb loaf tin for 1¾ hours.

Serve sliced and buttered. *Enjoy!*

Teatime Teaser

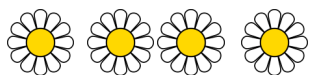
Cool for Cats



1. What feature does a Manx cat lack?
2. What is the average number of whiskers on a domestic cat?
3. Which is the largest of the big cats?
4. Which of the big cats can be found in both cold and warm climates?
5. What is distinctive about the Sphinx cat?

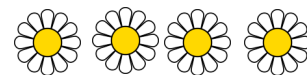
Answers below. No peeking!

Tea Time Teaser Answers:
1. A tail
2. 24
3. Tiger
4. Leopard
5. It is hairless



The Daisy Chain

Linking together our WI members across the county



Great Ashfield & Badwell Ash WI We are all getting used to the lockdown and feeling very lucky that we live where we do. We publish a monthly newsletter anyway and have carried this on to keep in touch with all of our members plus regular emails to each other. Both villages have set up groups of volunteers to help the vulnerable with any shopping or picking up medicine. Great Ashfield Parish Council have set up a village Whats App group which is keeping the village community feel very connected.

Kate Sadler, Secretary

Risby WI Last issue featured Julia Warnes who is sewing scrubs for NHS workers. She appealed to WI members for donations of duvet covers and sheets, and the response was fantastic! Julia has sent the following message, *"I just want to say a big thank you. I now have a huge stash to work my way through, so for the time being I can't accept anymore donations. I am currently working on the 10th pair of scrubs. Many thanks to you all, it is very much appreciated."*



Rickinghall WI

The Positive Outcome

And the people stayed home.

They read books, listened, rested, exercised, created art, played games, learned new ways of being and were still.

They listened more deeply.

Some meditated, some prayed, some danced.

Some met their shadows.

And the people began to think differently.

And the people healed.

In the absence of people living in ignorant, dangerous, mindless and heartless ways, the earth began to heal.

When the danger passed and the people joined together again, they grieved their losses, made new choices and dreamed new images, they created new ways to live and heal the earth fully, as they had been.

Anon

Sent in by Rosemary Setterfield
Committee Member

Moreton Hall WI We planned to have an Easter Bonnet parade at our April meeting but this was unfortunately cancelled. However, now that we had some time on our hands and were in lockdown I suggested we could still make our hats and have a parade later in the year when things get back to normal. So far I have received the below photographs of several

beautiful creations, I am hopeful that more of our members will take up the challenge and bring along their hats to our first meeting out of lockdown. Don't you think they are wonderful?



Annette Brown, Moreton Hall WI Secretary

Wickhambrook WI Book Review

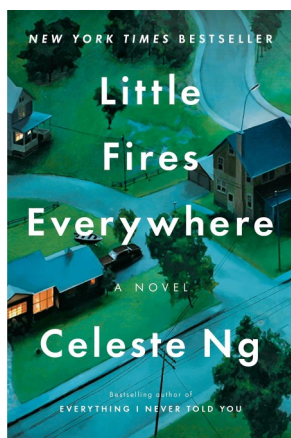
Little Fires Everywhere
by Celeste Ng

We have two reading groups in Wickhambrook WI and even though we are now in lockdown, book sharing and swapping is still going on.

One of our most popular recent reads is a family saga set in Shaker Heights, the perfect American town with what looks on the surface like the perfect American family. Mr and Mrs Richardson – she is a journalist, he is a lawyer – and their three teenage children, have their lives disrupted when artist Mia and her daughter Pearl come to rent a small house nearby. The friendships between Pearl and the children ebb and flow with many twists and turns, and unexpected consequences. There is also tension between a couple desperate to adopt an abandoned Chinese baby and her birth mother who wants her back.

We loved this book because the author cares for all her characters so that we feel empathy with them even when they make mistakes. The setting, characters and plot made us all wish there could be a sequel. If you enjoy the novels of Elisabeth Strout, Anne Tyler and Kent Haruf this book would please you very much.

Dorothy Anderson, President



Walsham Le Willows WI Our daughter was due to be married this year on 16th May and I have been growing hundreds of bedding plants from seed for the event. At one stage they were growing on every window sill in the house, until the house started to complain (husband had given up complaining realising he was onto a "loser" as it was all in a good cause!) and the damp really started to appear. So removal of all seedlings took place to our small greenhouse and home made cloches outside. The cloches were made of old secondary double glazing panes and breeze blocks and covered over at night time with fleece!

However, it was still not enough protection for these seedlings so we brought an old green house out of retirement after 30 years. I remember exactly because several of the glass panes blew out during the very high winds of March 1990 - I was very pregnant at the time and I swept up the glass, thinking that this was certainly a unique anti-natal exercise! During this situation we find ourselves in, we cannot buy any more replacement glass. However, we had an old swimming pool stashed away - my husband used to create a sand base for this pool and the sand lay on a huge piece of plastic! My brilliant husband (well it was my idea, but he actually did the fixing of the plastic!) and I slid the double thickness of polythene between the frame and the south facing barn wall! Hey presto!



I have given away the vast majority of the seedlings - to good homes with lots of tlc - and they have promised to return all the pots for next year. So now I can concentrate on the vegetables!

We just have to keep thinking of how to use what we have - albeit in a slightly different format perhaps!

Take care and keep safe.

Julia Dunncliffe

Laughter Lines To keep you smiling...

- I stepped on my scale this morning and it said: Please use social distancing, one person at a time!
- The older I get, the earlier it gets late.
- When you're next sitting in public and a stranger takes the seat next to you, just stare straight ahead and say "Did you bring the money?"
- To me drink responsibly means don't spill it!
- When life gives you melons, you might be dyslexic.