



THE WI HIVE

Your monthly buzz on Suffolk West 

Chair's Chat

Since my last or should I say first 'chat' my WI life has become even busier! Over the past week, I've been fortunate to attend three WI summer events at **Pakenham, Sudbury Sunflowers** and **Hadleigh**. Each was an opportunity to catch up with members I know, and to meet so many that I didn't. All three events were very well attended with both Hadleigh and Sudbury Sunflowers extending invites to their local WIs. As always delicious refreshments were served, waist bands will definitely need expanding, and such friendly company - perfect times.



Maggie with Pakenham President Pat Addington

Our latest Federation event was a **Summer Get Together** for Presidents and Secretaries, it was without doubt a great success. I'll leave it to Jo and Irene from Sturmer WI to tell us what they thought:


*"Didn't we have a lovely night,
The night we went to Cockfield,
An author, strawberries, cream,*

*New friends, ideas and chat,
The night we went to Cockfield."*

To all who came along a huge thank you from me for making the evening so successful, we chatted, swapped email addresses and invites to WI meetings - networking at its very best. Plans are underway for another social evening in the autumn but this time it's an invitation to all members. **Find out more on page 5!**

When talking to WIs at their summer events, many spoke of potential new members coming along to their meetings. Make sure you don't miss an opportunity to increase your WI's membership! Why not ask members to buddy up with visitors and in doing so make them feel they could belong. On that note I wish you all a good month with sunshine and friendship filling each day.





Maggie Glavin | Suffolk West Chair



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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

A few important updates:

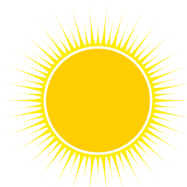


NEW We've got new email addresses!

- From now on please use office@swfwi.org.uk to contact the WI Office with general enquiries.
- For tickets and finance enquires contact Rachel Sparks via finance@swfwi.org.uk
- For the Federation Secretary and The Hive contact fedsec@swfwi.org.uk



We've also been decluttering the WI office and as a result we've got rid of the WI pigeon holes. Since we moved away from the printed mailing we've used them less and less, so from now on if you are collecting anything it will be available from the WI Office during office hours, or it will be left on the reception table out of hours.



And finally, the WI Office will be closed 8-10 August while both of us take a well earned break! We will reopen Tuesday 15 August.

theWI **MCS: Membership Communication System**

The MCS is an online system each WI uses to record their members' details. When a new member joins, her details must be added to the MCS to receive their welcome pack, My WI login and to be subscribed to WI Life.

We offer MCS training for all our Suffolk West WI reps. Whether you're a newbie or a veteran there's always new tricks to learn!

Don't just take our word for it, this is what Lynn Andrews had to say...

I've been Great Ashfield and Badwell Ash's MCS rep since 2016, so really I didn't need to go to a training session, did I? After all, I must know all there is to know by now. However it's always good to support anything that Suffolk West puts on, so in that spirit I went along.

Shows how much I know! It was an excellent presentation by Anne and Shirley and whilst I was reassured that most of what I was doing was OK, I learnt some really useful things.....

Did you know your web editor can't alter meeting details on your WI's web page? **Only your MCS rep can do that.**

Do you mark your members as paid? (I thought that was purely a Treasurer's job.) Go to 'Members', 'Active All', and at the end of the row is a box marked 'Select'. Tick it for each member that has paid. Yes OK, this is probably doubling up on whatever that mysterious system is the treasurer has, but this is the one that helps Rachel in the office, so well worth doing. **Only your MCS rep can do that.**

Did you know you can easily produce an excel or word report for e.g. your monthly attendance meeting? Take some of the load off your overworked secretary! **Only your MCS rep can do that.**

Maybe my fellow MCSers did know all those things – but I bet there are some you don't know.

So thank you Anne & Shirley – it was a very educational morning, well presented and very worthwhile. I'm sure each of us came away with a greater understanding of the system and its uses. As always, coffee and biscuits were good too!

Public Affairs Campaign Corner

Clean Rivers for People and Wildlife

Find out how your WI can get involved with the WI's latest campaign!

According to **The Rivers Trust** "sewage is discharged into rivers across the UK and Ireland on a daily basis. This isn't an isolated problem, it occurs up and down the country, affecting urban city centre rivers and pristine chalk streams alike".

A simple way to help prevent this is to remember the **3 P's**. Only pee, poo and paper should be flushed down the toilet. Everything else should go in the bin!



Check [The Rivers Trust's Sewage Map](#) to find out where sewage

discharges may be happening near you. You may be surprised and/or dismayed to find that these may be closer to home than you think!

Get involved in the WI's Week of River Action: 11-18 September!

Make a splash for clean rivers in your community by taking part in the WI's Week of River Action. It's a great way to engage in the WI's newest campaign and could help build cross-community support for a local designated bathing water campaign.

Visit [My WI](#) for resources to help plan your activities and events!



2023/24 Resolutions: Your Chance to Create Change!

There's no rest for the resolutions, as the 2023/24 process starts now!

The WI is democratic and member-led, and the resolutions process is unique in putting members at the heart of decisions about our campaign activity. Every issue that we campaign on stems directly from a resolution put forward by members.

A WI resolution starts with an idea or issue that is important to you and is a unique opportunity to turn a concern into a national campaign, backed by the whole of the WI.

If you have a burning idea that you want to develop into a resolution then ask your WI Secretary for the NFWI guidance notes and application form, or visit [My WI](#) for a wealth of resources to help you write your resolution. This year you can also submit your resolution online!

Our Resolution Adviser Brenda Dyer is also on hand to help. Not only can she support you with developing the resolution, but Brenda must also check and sign resolutions before they are submitted to NFWI. Contact Brenda via brenda.dyer1@btinternet.com as early as possible to improve the chances that your submission is successful.

Once approved resolutions must be submitted to NFWI by 10 September 2023.

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



7 & 21 Aug | 4 & 18 Sept | 2-4PM

Subs: WI Members £5 | Non Members £9
+ £2 per session

Previous experience not necessary, learn as you play. Includes refreshments and the chance to win back your money!

Contact cassbacj@gmail.com to join.



WI Members £8 | Non members £8.50

Friday 4 August | 12.30-2PM

Chicken or Mushroom

NEW Friday 1 September | 12.30-2PM
Minestrone or Leek & Potato

CRAFT & CHAT



Monday 21 August

10AM-12PM | Park Farm Business Centre

WI Members £2 (Paid on the door)

Our craft gang meets each month.

Let the WI Office know if you'd like to attend.

Pay the £2 fee on the day!

Cromer End of the Pier Show

Friday 8 September

**SOLD
OUT**



Monday 11 September | 10AM-12PM

Park Farm Business Centre | £30 pp

To make your sun catcher, you'll create a simple design on paper, before laying a clear glass template over the sketch and filling it in by gluing glass to the template.

Molten Wonky's Katie will explain the different types of glass you'll use which includes frits, stringers and fragments, and there is a whole spectrum of colours to suit all styles and tastes.

Afterwards, your work will be fired and be ready to collect about a week later.

Tickets on sale until 24 August!



Friday 29 September | 7-10PM

Moreton Hall Community Centre

£15 per person

LET'S GET QUIZZICAL

Everyone is welcome to join in our quiz night and enjoy a fish (chicken/vegetarian) and chip supper. The community centre bar will also be open.

Max. six per team (must include one WI member).

Don't forget to order your food when you book!

NEW

Ten Pin Bowling

Wednesday 24 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.

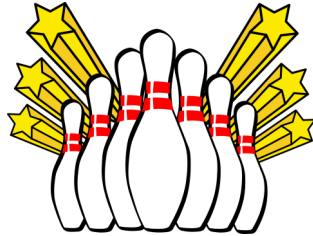


Photo Frame Workshop

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

NEW

Wednesday 31 October | 7.30PM - 10 PM

Horringer Community Centre

£12 per person



Founded in October 1920, this year is Suffolk West's 103rd birthday! Join us to celebrate with entertainment from former

Bluebell Girl, Jane Hoggar.

Jane will be treating us to a fascinating window on the world of show business, with tales of exciting travels around the globe during the 80's that eventually lead 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.

Holkham by Candlelight

Monday 4 December

SOLD
OUT

Craft Dabble Day

Friday 17 November | Park Farm Business Centre

Monday 20 November | Sturmer Village Hall

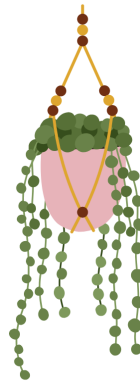
10AM - 4PM

£25 per person



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

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



All materials will be provided, along with tea, coffee and biscuits. All you need to bring is your lunch.

PA Coffee Afternoon NEW

Busting Myths around ADHD & Autism

Friday 3 November | 2PM -3.30PM

Bury St Edmunds Library

£3.50 per person



Thinking Differently:
Autistic and ADHD Women and Girls

Autism is a lifelong developmental condition which affects how people communicate and interact with the world.

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that affects people's behaviour.

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

Have a cuppa and cake with our Public Affairs team and share your experiences of women and girls with autism and ADHD in a safe space.

This is your chance to raise awareness and look beyond the stereotypes!

TICKETS ON SALE NOW

THE SUFFOLK

· MILITARY SHOW ·

29-30 July 2023

TRINITY PARK, IPSWICH, IP3 8UH

[WWW.SUFFOLK MILITARY SHOW.CO.UK](http://www.suffolkmilitaryshow.co.uk)

// MEDIEVAL TOURNAMENT // BATTLE ENACTMENT //

// AMERICAN CIVIL WAR SKIRMISH // BBMF FLYPAST //

// TIGERS PARACHUTE DISPLAY TEAM //

// LIVE ENTERTAINMENT // HOME FRONT //

// OVER 700 YEARS OF MILITARY HISTORY //

// OVER 100 HISTORIC VEHICLES //



Our July **GOLDEN TICKET** winner is

Gill Leech (Glemsford WI)

CONGRATULATIONS



Editor's Note

We love your reports but we're now getting so many we could dedicate The Hive to them, so we're trying something new. We'd like WIs to send in a photo with just a 50 word description of what you got up to.

To be featured send your content to fedsec@swfwi.org.uk by the 16 August.

Wickhambrook WI

The July meeting of Wickhambrook WI found us at the Suffolk Archives



Office in Bury St Edmunds. After an introductory talk we were able to browse documents and photos which had been specially brought out. Maps, photos and old WI information were all laid out. In the vault we saw how fragile maps and documents are stored in temperature-controlled conditions. Sourcing archive material is an ongoing task today including events such as Black Lives Matter and the Windrush story.

Drinkstone WI

This month we relocated to a member's garden for our summer garden party. No speaker to entertain us – just strawberries, cream, jam, scones and prosecco; plus a chance to catch up. We then enjoyed a stroll around the garden and we were also invited next door to the neighbours, where we were given a guided tour of their beautiful garden.



A BIG shoutout for Newmarket Evening WI from former member Joanne Garner.

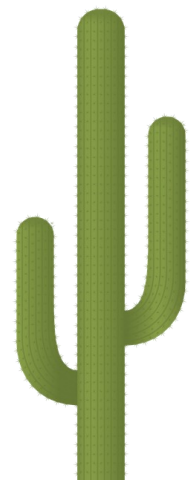


"Over the years they provided talks, outings, crafts, book clubs, and cakes. Equally important, they supported me with acts of kindness during medical emergencies, and even fed my aged moggie."

Thank you, ladies; Wymondham WI will have a tough act to follow!"

Horringer Court WI

This month Mr Kevin Boardman told us tails of the Oregon Trail and whilst in films it always portrayed as an adventure it was, in fact, dangerous and very hard work - especially for the women. We also started organising our Flower Arranging demo with Helen Hillier in September which will be fun.



Sudbury Sunflowers WI

100 members and guests attended Sudbury Sunflowers WI Open Meeting to view the beautiful Peau du Soie silk woven for Queen Camilla's Coronation gown made by local Sudbury based company Stephen Walters Silk Mills. The company also made the silk for Princess Anne's wedding dress in 1973 and the iconic silk from the late Princess Diana's wedding dress in 1981.



Melford Poppies WI

The sun shone when Melford Poppies were in charge of the tea and cakes at Long Melford fete at the beginning of July. Our members baked cakes, large and small, and the committee and volunteer members served refreshments, raising £460 for our WI!

The fete was a huge success with over 2,000 visitors.

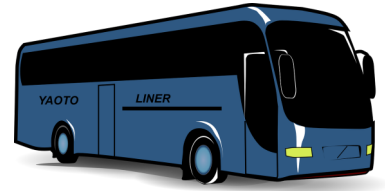
Boxford WI

Hannah Powell gave a most interesting talk about the History of Perrywood garden centre from the perspective of her family who started the business.

Beginning in 1955 when her grandparents bought four acres of land to grow strawberries, expanding in 1975 to grow bedding plants and finally launching a shop in the 80s. They now own two sites and have 235 staff!

Sturmer WI

For July's meeting Graham Dossett gave us a very interesting talk on being a holiday tour manager. Graham had travelled to many countries, taking responsibility for groups of tourists and managing their expectations. His stories were told with great enthusiasm and humour and we ended with a new respect for anyone who takes Tour Managing on as a career.



Risby WI

A tasty afternoon tea was enjoyed at Ivy & Bond tea rooms in Long Melford in June - greatly recommend!

On a warm, sunny day in July we enjoyed cruising down the River Stour from Sudbury on the Francis J and Edwardian Lady for a delicious meal at the Henny Swan.



Rickinghall WI

Members enjoyed having a go at pin prick stitching and rubber stamp ink printing to make cards; making mats and Christmas decorations from bottle tops and felt, and painting/ stencilling on to glasses demonstrated by five members for our craft meeting in July which was a great success.

Newmarket Evening WI

We spent a fabulous evening with Nick at his vineyard in Wickhambrook, Cambs.

It started around 11yrs ago when Nick purchased a few vines from Wicken Hall, and they grew well in his garden. He now has six hectares of vines!

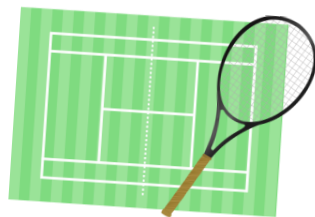
After his talk we were treated to a wine tasting with strawberries and raspberries.



Chevington WI

In July we enjoyed our Garden Party with Pimm's and a lovely spread, as well as a short Tai Chi demonstration. The weather was very kind which was a bonus.

On 3 August we have an open meeting with Wendy Smith on Wimbledon Behind the Scenes. Book via Shirley Rogers 01284 850416.



Pakenham WI

Ros hosted our July garden party. Karen arranged and supplied an amazing, delicious array of food. Mary Kirby, our retiring president of 20+ years, was presented with a WI rose and silver picture frame.

Hundon WI



Our meeting this month was afternoon tea, hosted by our treasurer Carol. Her garden was transformed into an outdoor tearoom, complete with sun canopy, and tables adorned with pretty china & flowers, with lemon drizzle, carrot cake, victoria sponge and scones on the menu.

Bury WI

Last month we visited the Yum Yum



Tree Fudge factory at Woolpit, and after donning some glamorous hairnets were shown how the fudge is made. Our favourite area was the 'Willy Wonka' room where we got to sample all the flavours!

Leavenheath Afternoon WI

Our July speaker Maggie Walton, told us about her life in the theatre. She started off as a chaperone for child actors then progressed to making props, costumes and makeup. She has worked on West End shows and is now working on the Christmas pantomime at the Mercury Theatre in Colchester.

She also demonstrated how to use make up for scars, bruising and bullet holes.



Name:

WI:

Email:

Phone:

EVENT	COST	NO.	NAME & EMAIL
Soup & Natter 4 August 12.30-2PM Park Farm	WI Member £8 Non Member £8.50		Don't forget dietary requirements!
Craft & Chat 21 August 10-12PM Park Farm	WI Member £2 (pay on the door)		
Soup & Natter 1 Sept 12.30-2PM Park Farm	WI Member £8 Non Member £8.50		Don't forget dietary requirements!
Cromer End of the Pier Show	SOLD OUT		
Molten Wonky 11 Sept 10-12PM Park Farm	£30 per person		
Quiz Night 29 Sept 7-10PM Moreton Hall CC	£15 per person		Don't forget your menu choice!
Ten Pin Bowling 24 Oct 10.30 - 12.30PM Bury Bowl	Members £9.50		
Photo Frame Workshop 20 Oct 10AM-1PM Park Farm	Members £17		
Federation Get Together 31 Oct 7.30PM - 10PM Horringer	£12 per person		
PA Coffee Afternoon 3 Nov 2PM - 3.30PM BSE Library	£3.50 per person		
Craft Dabble Day 17 Nov 10AM- 4PM Park Farm	£25 per person		
Craft Dabble Day 20 Nov 10AM- 4PM Sturmer			
Holkham Hall by Candlelight	SOLD OUT		

Payments can me made by BACs or card.

If paying by BACs please remember to include a reference (i.e. name of event) with your payment.

Total: £

Paid via:

BACS (Sort Code: 089299 | Account number: 65868449)

Pay over the phone (Call the WI Office on 01284 336645)