

THE WI HIVE



Your fortnightly buzz on Suffolk West

Issue 22 | 4 February

Suffolk West
theWI
INSPIRING WOMEN

FOR 100 YEARS

Chairman's Tête-à-Tête Hello Everyone, well we've made it to February already. Sadly today, we heard the very sad news that Captain Sir Tom Moore had died and from the dreaded Covid 19, even a war hero and National treasure isn't immune from this horrible virus. My thoughts and I'm sure everyone's thoughts are with Captain Tom's family. I hope many of you have had your vaccination or will be offered it soon and maybe we can kick this disease into touch.

The Board held our usual monthly meeting earlier today, of course via Zoom and we had to make a decision over the Centenary, remember the fun we were going to have last year to celebrate and commemorate our 100 years. Very sadly venues are a long way off being able to open for full use or even restricted numbers as we all thought they would be. Like the First World War, this pandemic wasn't over by Christmas. We have therefore decided that we probably won't be able to offer Centenary events yet again for most of 2021. We will therefore still hold many of the events but not necessarily branded as Centenary. You will see later in this edition of the WI Hive that the London Welsh concert will be on 27th November 2021 at The Apex with any luck and a following wind and we will keep you informed of other events as and when we can hold them. We're not going to let this horrible little invisible bug totally ruin things but as time passes we seriously can't keep on saying we're going to celebrate our centenary. We will continue to offer our great Zoom talks and later this month, we'll announce an online Annual Meeting which we hope many of you will log on to.

To end on a light note I'd like to share a photo of a beautiful Peacock butterfly who was sleeping possibly hibernating in Batty's hay and straw when Graham moved bales of hay and straw from the top feed shed to where we keep it for easy feeding purposes by her stable. Graham realised he/she, let's say she, was there when he got part way down the paddock. He put her carefully in the lower shed across the yard making sure she had hay to nestle in. A vision of better warmer times to come. Keep safe.

Julie Higgins, Federation Chairman



Hello from the WI Office Are you missing us? We're missing you, but you're in luck because you can have a little bit of Suffolk West with you at home. Enjoy your morning cuppa in one of our Suffolk West mugs (£10), dry your dishes with our tea towel (£5) or wear our Federation badge (£2.50)



to the supermarket or jangle your keys with our keyring (£1.50) on there. We can offer contactless payment



via BACS and items can be posted to you direct, except for mugs which will need to be collected at a distance. Email orders to office.swfwi@gmail.com
Keep safe ♥ Rachel Hows, Federation Secretary

The Deadline for the next issue of The Hive is 15 February. Don't forget we love to hear from you so please send in your articles, stories, poems and recipes to office.swfwi@gmail.com

Office Information

WI Office, Unit 11, Park Farm Business Centre,
Fornham St Genevieve, Suffolk, IP28 6TS
01284 336645 | office.swfwi@gmail.com
Reg. Charity Number: 1179294

Open Tuesday-Thursday 10am-4pm

BACS payments can be made to SWFWI CIO
Sort Code: 089299 / Account number: 65868449

Click the icons to follow us on social media



HAPPY Birthday

The Board and Staff would like to send their very best wishes to Mrs Barbara Ruffell on the occasion of her 90th Birthday which she celebrated on 27th January. Barbara has been a long standing member of Cockfield WI and Federation (then County) Chairman of the Suffolk West Federation from 1974 to 1977. Barbara also served as a Magistrate in West Suffolk. We hope all you had a lovely day Barbara.

Jill Gooch's WI Memories On the 75th Anniversary of Suffolk West Federation we published a Country Cookbook where members had sent in their favourite recipes. It started with the following article on 'How to Preserve a Husband' and was submitted by Diane Gladders of Walsham le Willows WI.

How to Preserve a Husband



Be careful in your selection. Do not choose too young. When selected, give your entire thoughts to preparation for domestic use.

Some wives insist on keeping them in a pickle, others are constantly getting them in hot water. This may make them sour, hard and sometimes bitter; even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with love and seasoned with kisses.

Wrap them in a mantle of charity. Keep them warm with a steady fire of domestic devotion and serve with peaches and cream.

Thus prepared, they will keep for years.

Public Affairs Memo: WI campaign news

SHOW THE LOVE 2021 1st – 21st February

Every February, hundreds of WIs take part in the Show the Love campaign, organised by The Climate Coalition, which focuses on community based climate action and aims to start a conversation about climate change. This year the UK is hosting the UN November Climate Summit, so it would be good to show that the WI is behind achieving a cleaner, greener world.

Despite COVID-19 you can still join in and **Show the Love** from the comfort of your home. Our Climate Ambassador, Lesli Tunbridge is challenging members to use the power of green hearts to join together for this annual event.

Hello Suffolk West members,

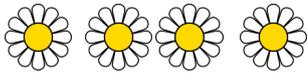
*I'm inviting you to **Show the Love**. Your challenge is to create a Green Heart window or front garden display on 12th - 15th February.*

As part of your Green Heart display choose one (or more!) of the planet-friendly actions below to reduce you and your family's carbon footprint:

-  *Eat a plant-based meal at least once a week*
-  *Reduce food waste*
-  *Buy peat-free compost*
-  *Plant a tree and grow flowers for bees*
-  *Leave an area of the lawn uncut*
-  *Switch to a renewable energy supplier*
-  *Go car free at least one day a week*

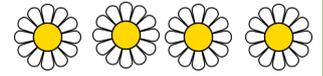
You can find more information and craft resources on Mywi [here](#) and the Climate Coalition [site](#) and also in your February WILife. If a display is too much you could simply put a green heart in your window, it could be knitted, crocheted, made from material or paper, let your imagination run wild to show your support. We would love to see photos of how you and/or your WI has celebrated! Post them on SWFWI's [Facebook](#) or email them to office.swfwi@gmail.com to feature in the Hive 

Gwen Williams, PA Committee Chairman
Lesli Tunbridge, SWFWI Climate Ambassador



The Daisy Chain

Linking together our WI members across the county



Sudbury QH WI There was once “The John Dunn Show” on Radio 2 during the 80s and the 90s and each Tuesday he had a “Question Time”. One week he raised the question of why a ship is always called “She”. When the listener’s name was read out I recognised the gentleman as a friend of my late husband. I got in touch and he sent me the “explanation” quoted below:

- a) There is always a bustle about her
- b) There is usually a gang of men around her
- c) She has waist and stays
- d) It takes a lot of paint to keep her young looking
- e) Its not the initial expense that breaks you but the cost of upkeep
- f) She’s all decked out
- g) It takes a good man to handle her right
- h) She shows her “topsides” but hides her “bottoms”
- i) When going into port she always head for the “buoys”

To keep you smiling, the following is an extract taken from “*Gardening Wit – Quips and Quotes for the Green Fingere*” by Jane Brook:

“I was flattered to have a rose named after me until I read the description in the catalogue: No good in a bed, but perfect up against a wall” - Eleanor Roosevelt.

Eileen Scattergood, Sudbury QH WI

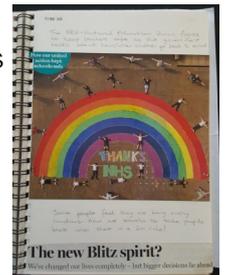


One of our Trustee’s, Yvonne King has a daughter in law who is a mature student studying for her Animal Health degree. She is currently volunteering at the Animal Cancel Trust and is

writing her dissertation based on peoples knowledge of cancer in animals. Yvonne’s daughter in law has put together a short survey which we hope you might consider filling in. You can access the survey [here](#). It is anonymous and will only take a few minutes. Thank you ♥

My Lockdown Scrapbook Back in March, as lockdown approached, I did what a lot of people did, I got in contact with family and friends. One of my friends lives in Sydney. We were both feeling pretty miserable about what was to come when she had a brilliant idea to cheer us up. She suggested that we sent each other one photo every day of something that had made us smile. In doing this I found something positive in my life every day and it made me realise just how lucky I was living in sunny Suffolk surrounded by wonderful countryside, a caring community and kind neighbours!

As we came out of the first lockdown I looked at my collection of photographs and realised that what I had unwittingly done was made a photographic diary of my life in lockdown. I had also kept a variety of articles from newspapers and magazines and saved some of the funny jokes that had arrived via WhatsApp from our coffee morning group. Some of them had been very funny and had certainly lifted our spirits during that time! What I had collected was the makings of a scrapbook, which is what I subsequently made. I stamped



the date on the top of every page and underneath I stuck a photograph or two with an explanation . The scrapbook ended up being two books and I now have this amazing record of my life during lockdown!

Sue Monaghan
Great Ashfield and Badwell Ash WI

FEELING INSPIRED If you’re feeling inspired by Sue’s super scrapbook, then don’t forget your WI can take part in our **Margaret Hitchcock Cup competition** which is to make a Lockdown Scrapbook! We are extending the registration date and will have more info in the next Hive.



LONDON WELSH RUGBY CLUB CHOIR

The Sound of Wales in Suffolk
at The Apex

RESCHEDULED

NEW DATE
Saturday 27 November 2021
7.30pm
Tickets: £22 per person

COVID-19 strikes again and for a second time our event with the London Welsh Choir has been rescheduled, but let's look on the bright side, third time lucky hey! If you are a ticket holder The Apex will contact you directly about transferring your tickets to the new date, and of course if you can't make the new date you will be entitled to a refund. Please don't contact the WI Office about tickets as these are issued by The Apex.

And if you haven't got your tickets yet there's still time to snap them up from The Apex [here](#).

The Honours System Have you ever wanted to nominate someone for an award or honour, someone who's done something special for you or where you live, maybe someone who has achieved something outstanding? Maybe you don't really know how to go about it. Well as a starting point go to the Government Website [here](#) for all the information you need to take your application further.



What do people get honours for? Many things really including achievements like:

- making a difference to their community or field of work
- enhancing Britain's reputation
- long-term voluntary service
- changing things, with an emphasis on achievement
- improving life for people less able to help

These may be in the field of science, health, art, sport or education. Give it a go, nominate someone who deserves an award.



February Events

Tuesday 9 February, 7.30pm

My Craft Journey with Janet Brown

Janet's illustrated journey from the school cookery apron, through to children's toys and patchwork, to fabric sculpture with a few stops in between.

This is a [free](#) talk for Suffolk West members and will not be available on Eventbrite. Please book tickets through the WI office.

Monday 15 February, 7.30pm

Mindfulness & Meditation with Tina McCarthy

Tina's talk is based on the holistic approach to wellness. Prevention rather than cure. She will discuss using varied relaxation techniques for wellbeing, stress relief and management to enable people to cope much better through any form of upset.

Thursday 18 February, 7pm

The Golden Age of Fen Skating with Guy Hussey

Guy Hussey from the Norris Museum will guide us through the Dutch origins of Fen skating to the earliest account of skating on the fens in the 18th century to its height in the late 19th century.

Wednesday 24 February, 7.30pm

My Life as an Illustrator and Designer with Alison Gardiner

Alison Gardiner is the designer of our Federation Centenary mug and keyring. Her talk charts how her career has developed after studying printed textiles to the giftware business she has today designing and producing the products.

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