



September 2020

Information and Reminders

Dear WIs,

This month's mailing is bursting at the seams with a series of exciting online events, as well as another quiz from our Quiz master, Julie Higgins. As always please do continue to share the mailing with as many of your members as you can.

If you're dropping by the WI Office please remember to adhere to the two metre social distancing rule and please use the hand sanitizer which is stationed by the entrance. Whether you chose to wear a mask or not is at your own discretion. The office is open Tuesday-Thursday 10am-4pm.

And don't forget these **2021 DATES** for your diary:

Federation Annual Meeting | The Apex | Thursday 1st April*

NFWI Annual Meeting | The Royal Albert Hall, London | Monday 19th April*

Sound of Wales in Suffolk | The Apex | Saturday 8th May

Afternoon Tea at The Guildhall | Bury St Edmunds | Tuesday 13th July*

Centenary Thanksgiving Service | St Mary's Church, BSE | Saturday 4th September*

2021 Carol Celebration | St Mary's Church, BSE | Monday 13th December*

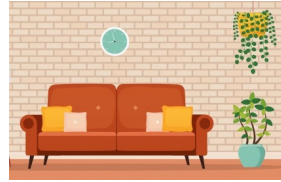
*Booking forms will be released at a later date. As keen as we are to get back to normal, please don't attempt to book yet.

However, you can snap up your tickets for the *Sound of Wales in Suffolk* right now at www.theapex.co.uk or by phoning the Apex box office on 01284 758000. Tickets are £22 per person.

With best wishes,
Rachel Hows, Federation Secretary

2020 MAILING DATES: 17th September, 15th October, 19th November and 10th December.

Suffolk West On Your Sofa



Join us from the comfort of your sofa for a series of informative and entertaining online Zoom events. We have something for everyone and best of all, it's only £4 per session and open to both members and non-members!

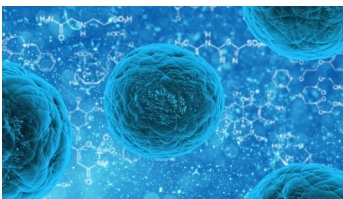


Let's Dance with Lucie Pankhurst
Wednesday 2 September, 2pm
& Friday 4 September, 7pm*
Approx. 45-60 mins

Lucie Pankhurst trained professionally from the age of 10, first at the Arts Educational School and then London School of Contemporary Dance. She was asked to choreograph her first promo at 17. She graduated a year later and embarked upon a dancers' life for the ensuing 11 years. When the time came to stop dancing, Lucie was already starting to work as a choreographer in such things as a series for Peter Kaye. We are very lucky she has agreed to host our first dance session.

Join Lucie in a fun and energising dance session. We'll start with a good warm up, getting our post-lockdown bodies ready to dance. Then, we'll put on a real toe-tapper of a tune from the 60s' jazz vault and Lucie will guide you through the routine. We'll be learning nice and slowly, so we can really enjoy the dance we make! This is for everyone whatever your ability.

** Please note the Friday evening session is a repeat of the Wednesday afternoon session.*



The Wonder known as Stem Cells with Morwenna Degnan
Tuesday 8 September, 7.30pm
Approx. 40 Mins

This story starts in 1661 with Robert Hook who first discovered the body building block we now know to be called the cell. Looking through the microscope we fast forward to 1981 with Martin Evans and Matt Kauffman were the first to identify stem cells using mouse cells. This talk will look at the interesting discovery of cells and the uses today together with the future of stem cells.

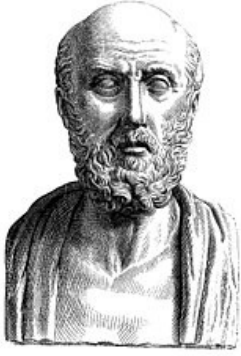
Morwenna Degnan is a biomedical scientist within the NHS and currently works for Gloucestershire Royal Hospital as a quality and governance manager within Pathology. Morwenna says that her role is very exciting especially in this changing healthcare landscape which has probably changed faster in the last six months than in the whole of her career.



"No enjoyment like reading": the importance of books in Jane Austen's novels with Imogen Usherwood
Wednesday 9 September, 7.30pm
Approx. 45-50 minutes + question time

Usually, we associate Jane Austen with stories about love, marriage, and family life from the perspective of a young woman. However, her writing is based heavily on her own reading habits and experiences. Regency England took a very different approach to books compared to our own – many novels were seen as 'trashy', public libraries were places of scandal and women's reading habits were heavily monitored by their fathers. Austen's references to books, novels and reading habits are used to distinguish the 'good' characters from the 'bad', and to demonstrate her own opinions about women's place in literature.

Imogen Usherwood is a final-year undergraduate in English Literature at Durham University. She also edits Durham's student newspaper and is a director and playwright for the theatre society.

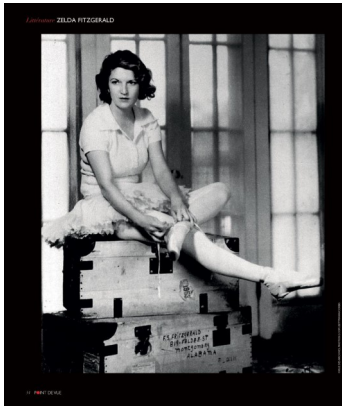


The role Pathology has had on medicine through the ages with Morwenna Degnan

Thursday 10 September, 7.30pm

Approx. 40 mins

Our story begins with the birth of Hippocrates, the father of medicine in Ancient Greece. We move through to the medieval age and look at the work of the clergy and use of holy waters. Big achievements were made in the 1800s with bacteriology and the first understanding of the immune system. Over 50 years ago the Royal College of Pathologists came into being and now has 17 specialties from virology to haematology, molecular genetics and beyond.



Zelda Fitzgerald the first flapper with Imogen Usherwood

Tuesday 15 September, 7.30pm

Approx. 45-50 minutes + question time

Today, she is generally remembered as the wife of F. Scott Fitzgerald, author of *The Great Gatsby*, and the inspiration behind some of her husband's most famous characters including Daisy Buchanan. However, Zelda Fitzgerald was an incredibly complex, talented figure, who pursued her ambitions as a dancer, writer and painter. A messy, beautiful, tragic but stunningly determined woman, Zelda Fitzgerald's biography is the story of a woman who sought to escape her husband's shadow and build an identity for herself.



Let's Craft: Make a Gift Bag with Margaret Brackenbury

Thursday 17 September, 2pm

Approx. 30 mins

Join Margaret for our first virtual craft session where she will show you how to make a gift bag.

To take part in this session you will need:

2" x12" paper/card approximately 200 gsm

Scoring Tool or Scoring Board or blunt knitting needle

Ruler, Pencil, Scissors, Hole Punch & Wet Glue

Double sided tape or redline tape

Embellishments & Ribbon

Margaret Brackenbury is not only our crafting queen, she is also Vice Chairman for Suffolk West Federation of WIs and Chairman of the Creative Leisure Committee.



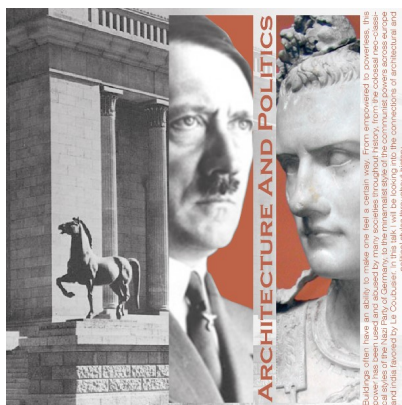
Leonardo da Vinci, the making of a genius with Chole Degnan

Monday 21 September, 7.30pm

Approx. 45-50 minutes + question time

We all think we know Leonardo da Vinci, we do indeed know him through his paintings, of course we know the Mona Lisa, we may know The Last Supper or The Lady with the Ermine but do we know Leonardo the man, his real story from his humble beginnings as an illegitimate child to the great artist, engineer, mathematician and scientist he was to become. Chloe will illustrate through her talk Leonardo's life and work.

Chloe Degnan is a second year student at Loughborough University reading architecture. Chloe also has an interest in art and music and until leaving Cheltenham College was head of Chapel and had one of her paintings exhibited at The Tate. Last year Chloe worked during the summer as a guide in the art section of the Ashmolean Museum in Oxford.



Architecture and Politics with Chole Degnan

Wednesday 23 September, 7.30pm

Approx. 45-50 minutes + question time

Architecture often has the power to make us feel a certain way, from empowered to powerless. Power has been used and abused by society throughout history, from the neoclassical styles much beloved of the Nazi Party in Germany to the minimalist styles of the Communist Powers throughout Europe. Chloe will guide us through architectural and political styles through history.



In Search of the Vikings with Graham Higgins

Thursday 27 September, 7.30pm

Approx. 45-50 minutes + question time

Let's go in search of the Vikings, our adventure follows a cruise starting in the city of Stavanger famous for its oil museum and canning factory! We then cruise through the beautiful scenery of Norway, through the spectacular fjords and past the pretty villages set along the shoreline. We end in the arctic circle in Honningsvåg which is the northern most town in mainland Norway.

Graham Higgins hails from Oswestry, Shropshire but fortunate to have been adopted by Suffolk since moving to Denham in 1991, he studied Agriculture before joining the Ministry of Agriculture as a Field Officer and then moved to HSE which took him out visiting and meeting a diverse range of people. A magistrate for 32 years and it is from his 68 years in these roles when added together, that Graham has been talking to WIs for the last 20 years. About 15 years ago he and Julie visited and fell in love with Norway the glorious scenery of the fjords, the history and getting to know the friendliest of people, visiting nearly every year since.

Sign up now! If you'd like to book any of these online sessions please contact the WI office (01284 336645 / office.swfwi@gmail.com). Sessions are £4 each and payment can be made to SWFWI by BACS (Sort Code: 089299 | Account number: 65868449 *please include what the payment is for in the reference*), or cheque made payable to SWFWI.

Zoom log in details will be emailed to you after you have registered and paid. Please also check spam/junk boxes for emails.



Information was correct at the time of printing.

For enquiries please contact Rachel Hows: 01284 336645 | office.swfwi@gmail.com

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