



FOR 100 YEARS

Chairman's Chat

Hello Everyone. What strange weather we're having, first we're roasting then the heating's coming on because it's cold! I expect you remember that at our Annual Meeting, we offered a prize of a portrait drawn by accomplished artist Leroy Ricardo Jones. Leroy is known to many of us as one of The FlyRights from the brilliant concerts they've performed for us in better Covid free times. The lucky winner was Elizabeth Gingell of Fornham all Saints WI.



Last week, I had the pleasure of taking the finished portrait which had been mounted and framed as a special gift round to her and she was delighted. It is so complimentary and very realistic. It was drawn from a photo taken by her father a while ago and was

his favourite so Elizabeth requested that it was a

portrait taken from this photo. She has kindly given permission for me to put a snapshot of it with this chat.

Leroy said it was an honour to be asked to do a portrait for the WI and he enjoyed drawing it enormously. He has also said if anyone else would like to commission a portrait of themselves, a family member or friend he would be very happy to do it. Should you be interested, please contact him direct at: jonesy_722@hotmail.com

All you need to provide is a photo or preferably a couple of photos of the person you want the drawing of, colour or black and white which could preferably be emailed to him but an actual snapshot would be acceptable, it also needs to be fairly clear for him to pick up the detail. You could contact him through me if you prefer.

Must go now, Slater's just brought me a present...a shrew! At least Batty doesn't give me 'gifts'. Speak again soon.

Julie Higgins, Federation Chairman

Hello from the WI Office There's been a buzz about the office this week with our first event since March 2020 taking place! Boris might have put the kibosh on lifting restrictions for another month but that doesn't deter the WI, and this week 12 of our ladies took to the water and paddle boarded along the River Stour. If that's got you excited then we have plenty more events on offer, all of which you'll find more about in this issue.

You can use our order form to place your order, that goes for WI diaries (advertised last issue) and

our Suffolk West merchandise too. You'll find all the information you need on the order form, along with our ticket policy.

Some of you have had trouble paying via BACs recently. We think this might be to do with our account name and suggest omitting CIO from the name. If the problem still persists let us know.

Keep sending in your articles - whether they are reports of reunions, recipes, great gardening tips or poetry. The deadline for next issue is 5 July.

Rachel Hows and Rachel Sparks, WI Office team

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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





upcoming events

Decorated Bottle with Margaret Brackenbury
Tuesday 29 June | 7.30pm | £5 | Zoom

Book via [Eventbrite](#) or WI Office

Margaret will show you how to transform an empty bottle using:

- Clean bottle (label removed)
- 1-2 pretty serviettes
- PVA glue and a paint brush
- Flowers, cut out butterflies, buttons or anything you have to decorate
- A length of narrow ribbon/string/raffia
- LED rice lights (optional)



Madingley American Cemetery Tour | Cambridge
Wednesday 7 July | 2PM | £5 | Book via WI Office

Take a fascinating 45 minute guided walking tour of the Madingley American Cemetery. There is a nature reserve on site where you can enjoy a picnic or you can visit the Coton Orchard Garden Centre nearby. **Travel is not included. On sale until 30/6.**



Shakespeare in the Park | Park Farm

Saturday 10 July | 7PM | Gates Open 5.30PM

£10 adults, £6 under 16s | Book via the WI Office

Pack a picnic and something to sit on, to enjoy Shakespeare's *All's Well that Ends Well* performed by Durham University's Castle Theatre Company in the open air. Sanitising stations will be in place and social distancing & the rule of six will be maintained. Masks must be worn when not seated and to use the facilities. **Seating is not provided.** Official tour programmes will be on sale, as well as our prize draw tickets and merchandise. This event will go ahead what ever the weather, so please keep in mind refunds will not be issued unless this event is cancelled or your ticket can be resold.

Tales from a Dairy Farmers Wife with Jane Barnes
Thursday 29 July | 7.30pm | £5 | Zoom

Book via [Eventbrite](#) or WI Office

Jane's amusing stories, real life anecdotes and farming tales make superb listening; from being a dairy farmers' daughter, to meeting her husband at Young Farmers Club, to running their own dairy farm (Farmer Barnes' Dairy) since 1992, whilst bringing up a family, life has never been dull.



Flower Arranging for Beginners | Risby Village Hall
Wednesday 22 September | 10AM-2PM

£16 per WI Member | Book via the WI Office

Risby WI member Gill King is a very accomplished flower arranger and will lead this workshop for beginners, demonstrating two different ways to arrange supermarket flowers, one in a vase and a second arrangement in flower foam. She will also cover buying flowers; what to look out for, how to condition them etc. To take part you will need:

- two bunches of flowers from the supermarket
- some greenery from your garden (if possible) or dried material
- a pair of scissors/secateurs.
- your own vase

Autumn Wreath Workshop | Sturmer Village Hall

Monday 4 October | 10AM-3PM

£25 per WI Member | Book via the WI Office

A creative two-part session with tutors Jo Porth and Liz Leeds creating an autumnal wreath using fresh materials and needle felted decorations. Firstly, Jo who will show you how to make a wreath from fresh materials. **Members will need to bring with them suitable greenery (i.e. ivy (tree or trailing) Pittosporum, Ruscus, Euonymus, Box, Escallonia, or Eucalyptus).** In the second half of the session, Liz will demonstrate how to make needle felt decorations. Material will be provided. **Members need to bring their lunch and drinks to last the day** as refreshments may not be able to be provided.



featuring...
the wonder women who keep
Suffolk West thriving!

Name: June Bryant

Federation Role: Board of
Trustee & Events
Committee Vice Chair

**What is the purpose of
your role:** To help and
assist the Events chairman
and members in the
smooth running of events
that are planned.



Member of: Risby WI, previously Vice President
and President of Barrow WI before suspension.

How long have you been a WI member: 14 years

Your favourite thing about being in the WI?
Meeting new people, Friendship, going on trips to
places of interest and learning new crafts and
skills.

What's your background: I moved to Barrow from
Stowmarket 41years ago when I married Mark. I
worked in an accounts department being the
cashier for five companies. After a break of nine
years to have my son Andrew I changed career
and worked as a teaching assistant in special
schools for twenty four and a half years before
retiring. I have one granddaughter Ashley who is
five and a half.

Favourite quote: Live for today, tomorrow is not
promised.

Favourite music: I like most sorts but my favourite
would have to be Country and Gospel Music

Hobbies & Interests: I enjoy singing and am a
member of Rock Choir, also gardening and taking
my dog for long walks in the countryside and on
the beach.

Public Affairs Memo: WI Campaign News



This years resolution is *Raising
Awareness of Ovarian Cancer*. Back
in April we held our annual
Resolution Conference which
debated the resolution and featured
UK ovarian cancer charity *Ovacome*.

Ovacome campaign to increase awareness of
ovarian cancer and its symptoms, which can be
easily mis-diagnosed for less serious conditions.
Every year in the UK 7000 people are
diagnosed. Many may have had symptoms for
months but dismissed them as digestive problems
or signs of the menopause. Most people are
diagnosed when their cancer has spread, but
earlier stage diagnosis can improve outcomes.

**Could you help more people to learn the signs
and symptoms of ovarian cancer?** Spreading
Ovacome's straightforward message about the
signs and symptoms is vital and to help they have
produced free informative B.E.A.T campaign
materials which you or your WI can order [here](#),
including posters, leaflets and cards.

B is for bloating that is persistent & doesn't come & go

E is for eating difficulty and feeling full more quickly

A is for abdominal and pelvic pain you feel most days

T is for toilet changes in urination or bowel habits

If you want to help to get the message across –
that symptom awareness can mean better health
outcomes for women - you could hand out leaflets
and posters to your local GP surgery, or display
them in your local shops, and share their handy
little symptom wallet cards with your friends, family
and WI Members.

Don't forget, if you still haven't made your decision
and want to hear more on this years resolution,
you can watch the Resolution Session from NFWI's
2021 Annual Meeting [here](#) on YouTube.



WI Stationery Minute books, account books, receipt books etc. for the smooth running
of your WI will be available to buy direct from the NFWI Shop [here](#) from the end of June.



The Daisy Chain



Linking together our WI members across the county

Rickinghall WI At last! The first members meeting, since before last March, took place on a lovely sunny afternoon in the garden of our former President Jennie. We had held several Tea and Chats in committee members gardens over the last 2 months, limited to 6 people of course, but this was the first time all members had been invited. We held a Strawberry Afternoon Tea with food provided by our committee members, including savouries, scones (some with clotted cream and jam), strawberry sponge cake and strawberries and cream. As the sun shone members chatted away catching up with each other, some of whom hadn't met since before the lockdown.

Lesley, our Treasurer, held two fun quizzes, one aptly called 'The Tea Party' on facts related to tea and caffeine. It's true the dust from ground coffee beans is used to put the caffeine in Coca Cola!

There was no charge for the tea but donations were made to Multiple Sclerosis, a cause close to one of our committee, and £135 was collected.

Our first meeting at Rickinghall Village Hall is on Thursday 24 June at 7.30pm outside (fingers crossed for good weather!). This will be an open social evening, the theme is 'Lockdown Projects' asking members and guests to bring along something they have made/done during the lockdown. From July our meetings will recommence on the 2nd Thursday of each month.

Rosemary Setterfield, President

Sturmer & District WI "Free at last" On 7 June we had our annual meeting in a Member's garden. We appointed our committee and new president, Irene Pattison as well as voting in favour of the resolution to raise awareness of Ovarian Cancer. We hope to meet again in July and have a strawberry tea and give members the opportunity to say what they would like on the programme in the way of activities and speakers."

Linda Bevan, Committee Member

Bury WI With the easing of restrictions, Bury WI opted to have an open air get together for their June meeting. Sally Waterson,



kindly offered the use of her garden, and the committee decided on an afternoon garden party. To make an occasion of it we ordered in a variety of sandwiches and cake and provided Pimms and lemonade with all the trimmings and fruit juices. The weather was sunny and hot, and a large group of us, dutifully clutching fold-up chairs arrived excitedly at Sally's beautiful garden. A lovely afternoon was spent in each others company as we chattered away, sipped our Pimms and enjoyed the food. Zoom has been useful, but what a joy to see each other face to face again!

Isabel Glasscock, Committee Member

Barton Mills WI On 8 June a group of us met on the recreation ground at Barton Mills. The last time we met like this was September 2020 and then we had planned to continue every month until the weather got the better of us. Unfortunately, with the second & third lockdowns it never happened.



It was lovely to meet up again, and we plan to meet again in July.

*Marilyn Badger,
Secretary*

Horringer Court WI We have been out walking again - this time around the lake at West Stowe. What a beautiful afternoon it was and we were joined by a family of geese who made us very welcome.

Lucy Fromings

