



FOR 100 YEARS

Chairman's Chat

Hello again everyone.

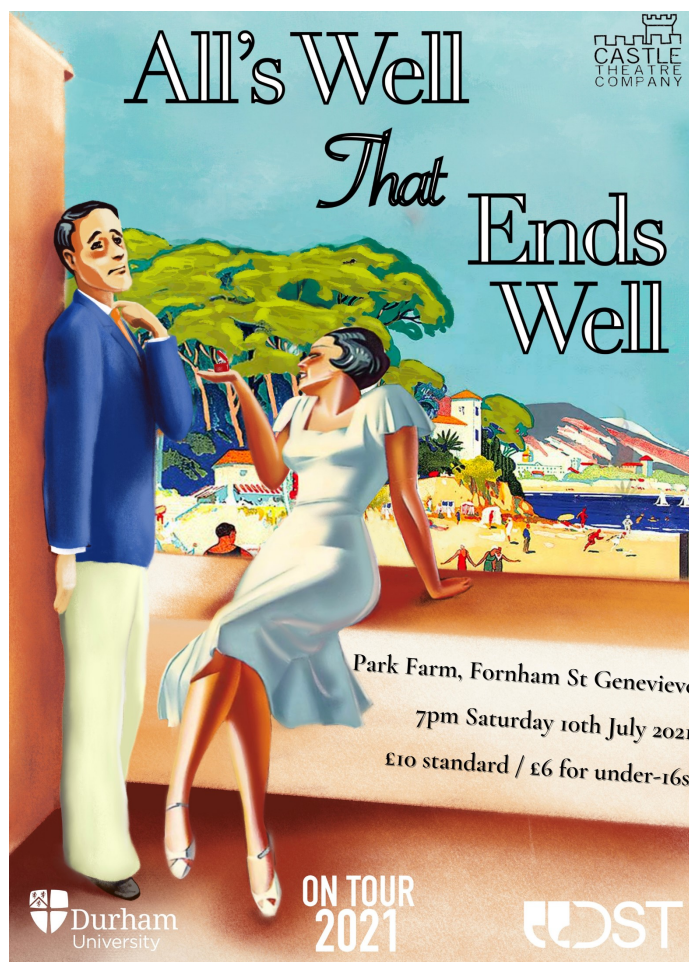
Just a short question "Do you like Shakespeare"? Yes, I hear some of you say, no, others will reply, I'm not sure about it will be another reply. Well I'm pleased to say that Suffolk West is giving you the opportunity on Saturday 10th July to watch a Shakespeare play in the lovely surroundings of Park Farm. We are welcoming Durham University's Castle Theatre Company who are presenting one of Shakespeare's most charming comedies *All's Well That Ends Well*. It is a fairy tale story of true love finding a way, featuring colourful characters and a hilarious sub-plot, this is the tale of a heroine who tries to secure her own happy ending.

The Castle Theatre Company has taken its Shakespeare performances to the lawns of stately homes, gardens and abbeys and now Park Farm. This youthful company promises fantastic entertainment for audiences of all ages. All you need to do is buy a ticket, bring a picnic, a chair or a blanket to sit on and enjoy. My niece Imogen and the rest of the players and crew promise you an evening to remember. Please note that the performance will go ahead whatever the weather.

Another event to look out for is the NFWI Annual Meeting on 8th June. Details on how to buy an Observer ticket are in this issue.

Just two of the exciting things we have to look forward to in the coming months. Speak again soon.

Julie Higgins, Federation Chairman



theWI
INSPIRING WOMEN

Suffolk West

Book via WI Office on
01284 336645 or
office.swfwi@gmail.com

Hello from the WI Office



Ritz Afternoon Tea

Tuesday 17 August | 2.30PM
Bury St Edmunds Guildhall

WI Secretaries have been sent a flyer with more information about how you can book.

Please note: It is 17 August, not the 1st as printed in error last issue.

Rachel Hows and Rachel Sparks, WI Office team

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





May Events

Thursday 20 May | 7.30pm | £5 per person

The Crown and the Cradle with Siobhan Clarke

Siobhan is a guide lecturer for the Historic Royal Palaces talking for us about royal babies; how they have always excited interest because their survival could shape history, the circumstances of their arrival and historic significance.

Friday 28 May | 2.30pm | FREE

Stem Cell Donations with **DKMS**

To highlight NFWI's Make a Match campaign, Hannah Thomas from DKMS will talk us through the importance of stem cell donation & the process for registering. As well as a first hand experience from our very own Suffolk West member, Eirwen Phillips. Two stories that highlight the vital work that DKMS, along with other agencies, do and also that Stem Cell donations can be truly life saving!

Suffolk West Trustee, Glenn Abbassi has a keen interest in the Make a Match Campaign as a former courier for UK stem cell charity Anthony Nolan, "For 11 years, until 2018, I was a volunteer courier and made more than 400 trips, nearly all abroad, to collect bone marrow or stem cells for leukemia patients in the UK who were in need of a life-saving transplant. I was prompted to become a courier after my first husband died in 1980 of aplastic anemia, similar to leukemia. He had no siblings, and bone marrow transplants were in their infancy 40 years ago. I met my present husband when he came from Iran to the UK in 1986 to be a donor for his brother who lived for another 35 years after his transplant.

Book using our Eventbrite page [here](#) or contact the WI Office (Tues-Thurs 10am-3pm)



Observer Tickets

The NFWI Annual Meeting is on **Tuesday 8 June 2021 from 10.30am to 4.30pm** with guest speakers HRH The Countess of Wessex, Commissioner of Police Dame Cressida Dick and Rt Hon

the Baroness Hale of Richmond. It will take place on a bespoke virtual event platform and will include exhibitors stands and breakout rooms.

Observer tickets are **£9 each** (incl. booking fees) and one ticket covers one device i.e. one mobile, one laptop, one iPad or one desktop PC etc., and cannot be used on multiple devices. However, there is no limit to the number of people viewing each device (apart from Covid regulations in place) so why not get a group together to make a day of it.

This year you have to register for a ticket yourself by following the instructions below:

- Visit the My WI website [here](#)
- On the green banner at the top click Essential Information
- From the list on the left-hand side click NFWI Annual Meeting
- In the first sentence of the third paragraph is a light green "here", click this link it will take you to the registration page
- Click "Register Now" to buy your ticket.

If you need further help you can scroll down to the Registration Guide pdf.

You can only order tickets through the My WI website. You cannot order them from the Federation office.

Ticket sales are on sale until **1 June 2021**.

***If you have not used My WI before, you will need to check with your MCS Rep that your email address is on the Members Communication System. Your WI Secretary will be able to tell you who your Rep is and you will need to ask her to add your email if it is not already there.*

Find out more about registering with My WI [here](#)



featuring the Wonder Women who keep Suffolk West thriving!

Name: Margaret Brackenbury

Federation Role: Suffolk West Vice Chairman and Chair of Creative Leisure Committee.

Member of: Moreton Hall WI

How long have you been a WI member: I have been a member of MHWI for 16 years plus a couple of years in the 70's when I was a member of Cavendish WI.



What is the purpose of your role? For Suffolk West my two roles and my fellow trustees are what inspire me to do my best for the Federation. At MHWI I have been on the committee and acted as Secretary and President for about 10 years. Currently I am enjoying being just a member.

Your favourite thing about being in the WI? Friendship, meeting new people and continually learning.

What's your background: A Yorkshire lass who moved down south in 1966 for a change of scenery, but my heart is always in Yorkshire. My working life has been mainly in office administration, I have also worked in hotels, doing a number of different roles. I have spent time working in retail, starting with working for my father in the family sports and leather goods business, on a Saturday, and on a Friday night cleaning.

Favourite quote: "Be the best you can be."

Favourite music: My favourite piece of music is the theme tune to a film called *A Summer Place* from way back, I think it was the 50s may be 60s.

Hobbies & interests: I am sure you could all answer this question! Crafting, mainly paper, painting, mixed media. I do also love gardening and travelling and of course my family.

Public Affairs Memo: WI campaign news

NFWI PA Resolution: *A call to increase the awareness of the subtle signs of ovarian cancer.*

Following on from our Resolution Conference last month, links to Ovarian Cancer Trust and Ovacome UK (the two charities who spoke at the conference) are now on the SWFWI website [here](#) along with links to NFWI's resolution materials. And if you missed the event then you can read Jill Newell's excellent conference report [here](#).

Getting Ovacome's straightforward message about the signs and symptoms of ovarian cancer to more women is vital, we can beat it by remembering:

B is for bloating that is persistent

E is for eating difficulty & feeling full more quickly

A is for abdominal & pelvic pain felt most days

T is for toilet changes in urination or bowel habits

*** Voting on the resolution will not take place at the NFWI Annual Meeting as usual, but instead after the meeting at a later date. WI Secretaries, please make sure your WIs vote is submitted to your Delegate after your June WI Meeting.*

Recycling Blister Packs

Following on from last issue which featured how you can recycle your blister packs at Superdrug, Olive Smart, Horringer & Ickworth President has been in touch:

"I've been using Superdrug on the Cornhill for a couple of months now and it's an excellent way of re-cycling millions of these awful blister packs although I appreciate they're needed for safety reasons. Just go to the back of Superdrug in Bury St Edmunds where the pharmacy is, there is a box on the end of the counter to your left in which you just slot your empty packs into. My only observation is that the boxes may prove too small once this re-cycling effort gets well known!"

You can read all about the company that does the work and how they do it [here](#).

Remember, it's just the **blister packs**, NOT the boxes they come in!



The Daisy Chain



Linking together our WI members across the county

Risby WI In April Suffolk West had a very passionate and informative talk by Ben Cross from Crossland Flowers Nursery in West Sussex.

Ben guided us through his greenhouse describing the different stages of growing his British *Alstroemeria*. He doesn't look upon it as a job but a lifestyle, sometimes only getting four hours sleep! Everything is done by hand and with the help of only six others he described the planting of the tubers, weeding, picking the flowers and packaging the bunches.

He told us how his great grandparents took advantage of a Government program in the 1930s to grow crops and in 1957 his grandad bought a farm after they had left the program of growing crops to continue the business and eventually specialising in growing *Alstroemeria*.

Ben started his career as a marine biologist but after ten years decided to join the family business. He soon realised that Supermarkets do not label flowers the same way as food, with no indication of where the flowers are from or which chemicals are involved in their growing. He quickly threw himself into a campaign to improve labelling of flowers grown in Britain.

Did you know 90% of flowers sold in Britain are

imported? These are very cheap and Ben soon found he couldn't compete.

In 2014 *British Flowers Rock* was started to educate the public about details of the flowers and to show a greater awareness about the environment and not to be so dependent on overseas supplies. Ben was able to set his own standards so the quality was higher with it being environmentally friendly and combating climate change. He uses Biomass fuel to heat his greenhouses with only natural light. The plants are watered from below to start with, and he uses other insects to kill the species he doesn't want so no pesticides or chemicals are used.

After the talk Ben was off to take his flowers to Brighton for the market the next day. He said how his grandad supplied flowers to Covent Garden for £1.95 a bunch how he would be paid 50p a bunch, how times have changed. He encouraged us to pay a little more and buy good quality British flowers which are produced ethically and from sustainable sources while helping the planet.

Thank you Ben for giving us a greater understanding of your British Flower production and food for thought. June Bryant, Trustee

*You can follow Crosslands Nursey on [Facebook](#)

Horringer Court WI At our April meeting Catherine Buchanan told us about famous Bury St Edmunds women in the 20th century including; Marie Louise Rame, an author whose book "A Dog Of Flanders" is still published today, Nora Lofts who joined BSE Council to save the Corn Exchange, physician and pathologist Ella Diabetes specialist Joyce Cockram who joined Angel Hill Surgery in 1930, artist Rose Mead who returned to BSE to nurse

her parents and died in her studio in Crown Street, Eva Wollaston Greene who became mayor and was the first female magistrate, Winifred Challis famous for writing her World War II diaries and Eleanor Fish* who was in the Air Transport Auxiliary and one of the only women in the war who got equal pay for equal work.

Lucy Frommings, WI Committee

*Later to become Eleanor Wadsworth, and member of Fornham All Saints WI

Coming Soon ❤️

Saturday 2 October
A Night of Jersey Boys
Risby Village Hall



Bookings not open yet!
More info in future issues.