



Chairman's Tête-à-Tête 2

Who knew that we had our very own Captain Tom in the form of Ros Melvin of Woolpit WI. On the 23rd April of this year, Ros and her late husband Ray would have celebrated their Diamond Wedding Anniversary. Very sadly Ray passed away about two years ago and during his last days, Marie Curie nurses were a great support to him and the Melvin family. Ros was determined to mark their anniversary by doing something positive. She decided to complete sixty laps of the green in Mitre Close where she lives on the 30th April and raised over £1000 for Marie Curie. Bravo Ros what a magnificent feat and to raise £1000+ for such a good cause is fantastic. Ros has been such a supporter of this Federation, she was an Adviser and served as Chairman from 1998 to 2001. Ros has also always been so supportive of me personally both in my Adviser work and now as Chairman, offering her help & advise whenever I've asked, thank you for all you do.

What else have we been doing during lockdown? Well, the Board, Advisers & I have exchanged emails, funny ones, photos of what we've been doing, all sorts of things just to keep in touch. On VE Day I sent an email round to the Board and Advisers asking what they knew of VE Day, how did their family celebrate etc, I never expected the response I got. Amazingly a few could even remember VE Day, I don't believe they are old enough, others sent in stories their parents had told them. We are putting all the stories together in a small booklet and each WI will receive a copy. If you think you'd like a copy of your own, please order one through the office or ask your WI Secretary to order you one, they will cost £1 each and your WI will be invoiced for them. The stories are fascinating and range from serving in the local defence volunteers to service in India. We hope you enjoy the efforts of the Board, Advisers and ex member of staff Simone Ruddock, the booklets will be ready very soon.

Julie Higgins, Federation Chairman

Hello from the WI Office to our marvelous members! I hope you're all still keeping safe and well, and enjoying the beautiful weather. We'll all have a lovely golden glow from the amount of time we're spending in our gardens!

On the topic of staying safe, right now many of us are doing more online and unfortunately scammers have cottoned on to this and are circulating fake emails from companies like Amazon, HMRC, TV Licensing as well as banks, asking for personal details. To keep safe online remember these tips:

- **Stop:** If you receive a suspicious email take a moment and think before you click or part with any information.
- **Challenge:** Could it be fake? Does the email address seem legit? It's ok to reject or ignore any requests.
- **Protect:** Contact your bank immediately if you think you've fallen for a scam.

Most of all don't panic! If you have any questions or concerns don't hesitate to get in touch. Otherwise, enjoy the sunshine!

Rachel Hows, Federation Secretary

Events Calendar

An update on rescheduled events:

- **NEW DATE!** NFWI Annual Meeting
Monday 18th April 2021
The Royal Albert Hall, London

Application forms for Observers and Delegates will be available later this year.

NFWI Raffle: is currently still going ahead. If any changes are made to the schedule WI Secretaries will be notified.

Next Issue! we love to hear from you! Send your articles (150 words max.) and photos to office.swfwi@gmail.com by Monday 8th June.

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Public Affairs Memo

An update on the latest WI campaigning news.

2019/2020 Resolutions: Due to the cancellation of the 2020 NFWI Annual Meeting, the two resolutions up for discussion (stem cells and modern slavery) were not able to be debated and voted on in the usual way. The NFWI Board of Trustees have decided that in these circumstances, the results of the shortlist selection process (voted for by WI members in January 2020) will be used as a proxy for the Annual Meeting vote. The two resolutions have now been adopted by the WI, and members are free to campaign. The resolutions are as follows:

A call to increase potential stem cell donor registration

There is an urgent need to increase the number of people registered on the aligned UK stem cell registry in order to provide potentially life-saving treatment to people of all ages with certain blood cancers. We call on all WI members to promote registration to the database to avoid people dying whilst waiting for a match.

End Modern Slavery

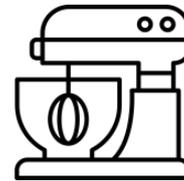
There are tens of thousands of victims of modern slavery hiding in plain sight in the UK. Modern slavery has severe consequences for the health and mental wellbeing of survivors. The NFWI calls on the Government to protect victims of modern slavery in the first instance and deliver longer term support to help them rebuild their lives. We call on our members to raise awareness of the prevalence of modern slavery throughout society and to campaign to defeat it.

Further information & next steps can be found on: www.thewi.org.uk/campaigns/resolutions/

If you would like to keep up to date with WI campaigns you can subscribe to the monthly Public Affairs Digest by visiting thewi.org.uk/campaigns

Cookery Corner

Over run with bananas? Well if you are then Tina Dye, Moreton Hall WI is here to save the day with her tasty Banana Crunch recipe.



Ingredients:

- 8 oz margarine melted
- 8 oz porridge oats
- 8 oz castor sugar
- 8 oz plain flour
- 1/4 tsp bicarbonate of soda
- 1 tsp milk
- 2 eggs
- 2 bananas sliced

1. Mix together the margarine, oats, sugar and flour.
2. Dissolve the bicarbonate of soda in the milk, add the eggs and then add the mixture to the dry ingredients and beat well.
3. Grease a 12" x 8" swiss roll tin, spread half of the mixture in base.
4. Cover with banana slices and the remaining mixture.
5. Bake at 190c/Gas mark 5 for 30 mins. Leave to cool slightly and then cut into 16 pieces. Leave to cool before removing from tin. *Enjoy!*

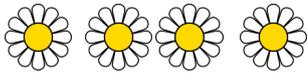
Teatime Teaser: Suffolk Edition



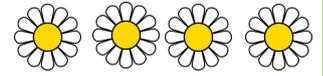
1. What is the name of the official Suffolk county flower?
2. In which year was the Ipswich southern bypass, including the Orwell Bridge, opened?
3. Which King founded Newmarket racecourse?
4. How many islands are there in Suffolk?
5. What animal is a flittermouse in old Suffolk?
6. What are the names of the two famous young singers educated at schools in Framlingham?
7. What memorial on Sizewell beach was unveiled in 2011 to commemorate a 70th anniversary?

Tea Time Teaser Answers:

1. Oxlip
2. 1982
3. Charles II
4. One. Havergate Island
5. A bat
6. Laura Wright and Ed Sheeran
7. The successful escape from Nazi-occupied Holland of 32 canoeists to Sizewell beach in 1941.



The Daisy Chain



Linking together our WI members across the county

Get more bees on your 'lockdown lawn' Bees are disappearing globally at an alarming rate due to pesticides, parasites, disease and habitat loss, so how can WI gardeners help?

Research from Plantlife, a British conservation charity, reveals that simple changes in mowing can result in enough nectar for ten times more bees and other pollinators such as hoverflies.



In any size of garden, Plantlife advise keeping two lengths of grass on the lawn:

- Leave some patches completely unmown to let taller flowers bloom and to extend nectar availability into late summer.

- Cut the rest of the lawn once a month to a height of 1-2". This gives short-grass plants like daisies, white clover and self heal a chance to flower in profusion and increase nectar production tenfold. You'll cut off some flowers when you mow, but they'll come back quickly.

Hopefully you'll be amazed at the diversity of wildflowers on your lawn, and you'll be throwing our vital pollinators a lifeline.

Lesli Tunbridge, Climate Ambassador

Stanton WI member Stephie Papworth, has been entertaining children by making beautiful fairy doors and placing them in woodlands around the village for them to find on their daily walk.

Stephie originally made seven but the children have added to them and now there are about 24, and increasing all the time. They have also added decorative stones. The doors are beautifully decorated and are giving the children a great deal of pleasure. Well done Stephie!



Maureen Johnson, President

Sturmer WI Despite not being able to meet in May, Sturmer WI still held their monthly competition, which was to write an amusing story or poem.

Ode to a Virus

There was a young man called Stephen
Who got up all disbelieving he said
"O my God what is this fate"
I can't even go past my gate,
This terrible virus has ruined my fun
I can't now go out to see anyone
He looked at his car, he looked at his bike,
And thought to himself I just might,
Go for a ride to the end of the road.
I could see a rabbit or maybe a toad
He met Postman Pat as mad as a bat
And Farmer George with his dog and his cat,
They said "Hey Stephen what are you doing?"
You should be at home doing some brewing,
This terrible bug will not last much longer,
And when it is over we will all be much stronger,
So go back home and don't be too sad,
It will soon be over and we will be glad,
And then we can all sing with delight,
And perhaps we can have our Ladies Night,
And when this has gone and true to the letter,
I know the world will be much better,
And then we will know there is no doubt,
You will be free and be allowed out.

Written by Christine Taylor, WI Member

Snap it! Caption it! Send us the photos you've snapped during isolation, but the challenge is you have to caption it too!

"Maybe I'm paranoid but I can't help thinking the government is watching me and making sure I'm not breaking lockdown rules on my daily walk."

Lyn Andrews



OUR TRUSTEES

There are twelve ladies in Suffolk West
Who serve on the Federation and do their best

Julie Higgins is our Chairman so bright
Always trying to get things right
Working so hard for all of us
Isn't very easy when some make a fuss

Brenda Last has been Treasurer for two years now
To be careful with our money has been her main vow
How she does it we will never know
But her accounts of our finances seem to grow and grow

Jill Gooch is a Vice Chair who seems to have been this for ever
But to get rid of her now just wouldn't be clever
She has been Editor of our WI News
But when this returns we haven't a clue

Margaret Brackenbury is a second Vice Chair
She is very craft gifted and makes things look rare
From cutting out, glueing and painting too
As well as her advice on what to do

Sue Beavan is an Adviser too
What she doesn't know just isn't true
If we are unsure of a certain thing
She is soon on to Head Office an answer to bring

Janet Brown's first love is to keep Denman going
Her second one must be her beautiful sewing
She gives us talks of her life on a boat
But we are glad she didn't decide to stay afloat

Yvonne King is in charge of our events that need cooking
But is adamant that everyone makes sure of their booking

What a lovely mixture of food she instills
And makes sure everyone goes home well filled

Linda Gridley is good at seeing to raffles
Knows that the numbers will often baffle
She likes to give help with lots of things
Knowing the joy to others this brings

Rachel Thomas loves sport and can often be caught
Way up a mountain or on a long walk
She's also excellent at climbing walls
But we're all afraid someday she will fall

Rae Stapleton comes a long way to our meetings
But we are always there to give her a greeting.
She bakes lovely cakes and we are well aware
'Cos our speakers write and tell us how much they care

Maggie Glavin helps WI Treasurers to account for their money
That some find hard and not very funny
She is ready to help with all kinds of things
And we appreciate all the wise knowledge she brings.

June Bryant is our newcomer who is finding her feet
But we can see first hand that she'll be a real treat
Its good to see a new face we don't know very well
But she's certainly made our numbers swell.

Now that I've introduced you to one and all
I'm sure you will see they are having a ball
They are a good team and have your interests at heart
Now come on everyone just take your part

Jill Gooch, Vice Chairman SWFWI

SWFWI Denman Break : Friday 19th - Sunday 21st March 2021

Don't forget! You could enjoy a three day inclusive spring break at our WI college developing new skills in one of our exciting course choices:

- Singing: The Drifters with Jo Sercombe
- Murder, Sex and Mayhem in Old Churches with John Vigar
- Silver Clay Jewellery for Beginners with Melanie Blaikie
- Let's Make Cheese with Louise Talbot

For more information or to request an application pack just phone the WI Office (01284 336645) or email office.swfwi@gmail.com

