



Chairman's Tête-à-Tête 2

Why a change in name from Chairman's Chat? Well, with the publishing of the WI News suspended at present, I still want to be able to tell you what's happening in our Federation and tit bits from home and The Hive is such a good way of doing it. It is a new concept and my chat needed a new name, so we've had a jolly good think as my Mother would have said and we came up with Chairman's Tête-à-Tête 2 or head to head as you know, and the number 2? Well that's because this is the 'new norm' in all our lives - 2 metres apart!

News from the Federation: Rachel S and Rachel H are still working hard, either from Park Farm or at home. Please feel free to ring, if they're not available they'll ring you back ASAP. I'm sorry to say that we have had to postpone the Thanksgiving Celebrations at St Mary's Church as there is no guarantee that large groups will be able to meet by September. We will give you a new date to look forward to for 2021 as soon as we have it.

News from home: Batty the pony and Slater the cat continue to live happily, they love us being around all the time. Our daughter is working her socks off in the labs. Our grandchildren are working hard at home, the school and the university teach via Zoom and FaceTime but it's concerning as our older grandson should've been sitting GCSEs. Thankfully our son in law is in Britain and not stationed abroad which helps a lot.

Finally, I think the words of the Vera Lynn song *It's a Lovely Day Tomorrow* are very appropriate at the moment, so just to remind you: *If today your heart is weary, if every little thing looks grey, just forget your troubles and learn to say, tomorrow is a lovely day.*
Julie Higgins, Federation Chairman

Hello from the WI Office! Well Suffolk West, you've proved that the WI comes together during a crisis! Not only have you been supporting each other in wonderful ways, but so many of you have either donated fabric, been busy cutting out patterns or sewing scrubs for our NHS key workers at West Suffolk Hospital. The hospital have been in touch to say they don't need anymore scrubs at present, but they have asked for our help with other items which have been sent to WI Secretaries. I've also had enquires about whether the hospital needs scrub bags, these are a no-no as scrubs should not be going home to be washed. They also don't need face masks, but they are incredibly grateful for your offers. If you do have scrubs that you're still sewing or you have a stash ready to dispatch then either contact myself or your WI Secretary for where you can send them to help other NHS key workers in GP surgeries etc.

Well done Suffolk West! You're all incredible women ❤️

Rachel Hows, Federation Secretary

Events Calendar Unfortunately COVID-19 has scuppered our plans and has meant we have had to postpone the following events, but don't despair we are rescheduling for 2021.

- 27 June 2020: Sound of Wales in Suffolk
New Date: Saturday 8th May 2021
- 11 July 2020: Shakespeare in the Garden
- 14 July 2020: Guildhall Afternoon Tea
New Date: Tuesday 13 July 2021
- 5 Sept 2020: Thanksgiving Service
- 17 October 2020: Centenary Dinner

Lady Denman Cup Competition: NFWI has extended the closing date to **Friday 18 September 2020** for members to submit their entry to the federation office.

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

Obituary: Marge Ward

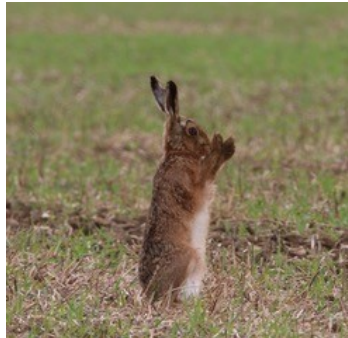
The WI choir is very sad that one of our longstanding members, Marge Ward, died peacefully on 28th April 2020 after a short illness. She was known as one of the three M's with her friends Margaret and Maureen. Marge was a member of Thurston Afternoon WI for many years until its recent closure. She had been a member of the WI choir as well as her church choir for over 20 years. We will miss her.



Rachel Thomas, Choir Member & Trustee

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

Here's an entry from Kate Sadler, Great Ashfield and Badwell Ash WI, taken by her husband and captioned *"Even the hares in our garden are clapping for the NHS!"*



Send your entries to office.swfwi@gmail.com along with your name and WI.

Bury St Edmunds Rickshaw Are you self isolating in Bury St Edmunds and having difficulty collecting your prescription or essential supplies? Why not call on the services of the Bury St Edmunds Rickshaw, their volunteers are busy delivering supplies to self-isolators. Call 01284 339449 to arrange a free delivery.

Teatime Teaser: Crime Busters

1. Which amateur sleuth was pictured on book jackets as a matchstick man wearing a halo?
2. Which detective appears in A Study in Scarlet?
3. Who are detectives Andy and Peter, created by Reginald Hill?
4. Which priest detective did GK Chesterton create?

Cookery Corner



This fortnight's recipe is for Apricot Sprinkle Cakes and has been chosen by my daughter, Mabel. She hopes this is one you will all enjoy!

Ingredients:

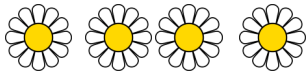
- 150g softened butter
- 3 medium eggs
- 2 tsp baking powder
- 150g semolina or fine cornmeal
- 150g ground almonds
- 1 orange (zested and juiced)
- 150g dried apricots (cut into small pieces)

For the apricot cream:

- 300ml double or whipping cream
- 2 tbsp smooth apricot jam
- Red and yellow (or orange) food dye
- Sugar sprinkles

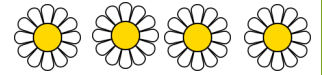
1. Heat the oven to 180C/350F/Gas mark 4
2. Beat the sugar and butter until pale and fluffy.
3. Add the eggs, one at a time to the mixture.
4. Add the baking powder, semolina (or cornmeal) and ground almonds.
5. Add the chopped apricots, along with the orange zest and juice. Mix well.
6. Spoon the mixture into a greased 12-hole muffin tin. Bake for 20-25 mins until risen and firm.
7. For the apricot cream, pour the cream into a bowl, add the jam and a few drops of food dye. Whisk until the mixture thickens.
8. Pour some sprinkles onto a plate. Spread a thin layer of cream around the side of each cupcake and roll in the sprinkles.
13. Spoon the remaining cream into your piping bag and pipe onto the top of each cake. *Enjoy!*

Tea Time Teaser Answers:
1. The Saint
2. Sherlock Holmes
3. Dalzell & Pascoe
4. Father Brown



The Daisy Chain

Linking together our WI members across the county



Risby WI Jill Gooch has shared a little ditty to put a smile on your face:

I wish I were a glow-worm
A glow-worm's never glum
'Cause how can you be grumpy
When the sun shines out your bum!



Jill Gooch, Vice Chairman SWFWI

Rickinghall WI We were lucky to hold our March meeting before lockdown. We were unfortunate though as we were due to have our spring jumble sale end of March – so bags of jumble are now stored in suitcases, backs of wardrobes, in out-houses or wherever, & in April we were due to hold a fashion show and Blackbourne group meeting.

Our members are spread around a few villages so we keep in touch by phone and email, telling each other what we have been up to and making sure those on their own aren't too lonely. Our president, Jenny Labdon, in between a lot of gardening, has been arranging local fruit and veg deliveries, our secretary, Linda Davies has been continuing her hobby of building doll-houses and others have been catching up on those tasks you normally say you don't have time to do We should all have the tidiest of gardens and homes – for a while at least.

We became proud owners of a summerhouse – a lovely gift from our daughter and son-in-law, so I have been busy staining the inside walls and floor and helping build chairs so we can sit with our glass of wine in the evening.

Rosemary Setterfield, Committee Member

Mildenhall WI created a 'Thank you' poster which was laminated and hand delivered (at a safe distance) to our ten local shops which have remained open. Each poster was accepted with a big smile. These are displayed in staff areas and some are displayed in the shop windows. It was just our way of letting them and the community know we are still here and appreciate what is going on.

Anne Greenfield, Committee Member

Great Ashfield & Badwell Ash WI

The Corona Alphabet

A is for ages, how long it all takes
B is for baking delicious new cakes
C's for Corona we don't want to share
D is for doctors giving such care
E is for exercise we shouldn't dismiss
F is for family and friends we all miss
G is for gardens we're digging and raking
H for hard knocks the economy's taking
I's for isolation, it's hard to keep stable
J is for jigsaws on many a table
K is for kindness we're getting from strangers
L is for learning new skills in all ranges
M is for masks do we wear them or not?
N for the nurses we appreciate a lot
O is the order we make to survive
P is for PPE to save precious lives
Q is Elizabeth our esteemed Queen
R is for rainbows on windows now seen
S is for singing in choirs, not alone
T is for teaching our children at home
U is for understanding we just have to cope
V is for vaccine that gives us all hope
W for walking down quiet streets and lanes
X is the kiss we send to soothe pains
Y is for yearning for freedom to come
Z is for Zoom - to share lives and have fun!

Written by Sue Monaghan, WI Member

Next Issue! Don't forget, if you have a story, a poem, a recipe to share or you can recommend a book/film/tv show you've been enjoying then send your report (150 words max.) and photos to office.swfwi@gmail.com by Monday 25th May.

How to make a your own face mask:

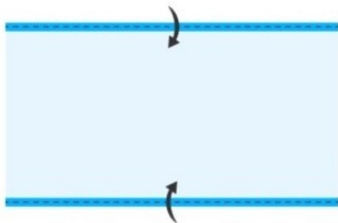
1

Cut two rectangles of tightly-woven cotton



2

Fold and stitch the top and bottom edges



3

Fold and stitch the side edges, leaving a gap big enough to thread elastic through



4

Thread two 15cm lengths of elastic through the side edges and tie tight



5

Tuck elastic knots inside the edges of the mask and stitch in place for a neater finish

No elastic? Hair ties or string, cut longer and tied behind the head, will work

Public Affairs Memo An update on the latest WI campaigning news.

2019/2020 Resolutions: You might be asking “What is happening with resolutions?” The NFWI is currently considering how to proceed. A decision will be made by the NFWI Board of Trustees in May. Keep an eye on social media and MyWI for updates.

Food Waste Action Week (11-17th May)

During lockdown it's been found that we're adopting “food smart” behaviours and creating less waste. Check out these top three tips on reducing food waste:



1. Store food well - visit lovefoodhatewaste.com for how to store food to make it last longer.
2. Learn your labels - by understanding the difference between “best before” and “use by dates” you can buy what you need and not generate any unnecessary waste. Visit food.gov.uk for more information.
3. Get creative with leftovers - Food writer Jack Monroe shares her recipe ideas at 5pm daily on twitter ([#JackMonroesLockdownLarder](https://twitter.com/JackMonroesLockdownLarder)) encouraging you to cook with existing cupboard stocks and substitute ingredients with other items you already have to avoid unnecessary trips to the shops.

World Bee Day (20th May)

There is no better time than now to support the SOS for Honeybees campaign by making your garden a beautiful pollinator haven! Visit thewi.org.uk and search for the SOS for Honeybees



blog to give you ideas on the bee friendly flowers you could plant. Also keep any eye out for new recipes and craft projects which will be launched on World Bee Day. If you've already made your garden a bee haven the NFWI PA team are keen to see it, send your photos to pa@nfwl.org.uk and don't forget to let us know too!

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

NFWI Project You may not be aware, but across England there are seven WI's based in women's prisons. NFWI are compiling packs to send to women's prisons with messages of support from WI members. If you have a message then please email it to office.swfwi@gmail.com by Monday 18th May. The deadline is tight, but NFWI are keen to distribute the packs as soon as possible.

They are also asking for members to put together craft kits to send to their nearest women's prison. Members can email Juliet Isherwood, Project Officer (J.Isherwood@nfwl.org.uk) for more information.