



Chairman's Tête-à-Tête 2

Hello everyone, how are you all, well I hope. I was sharply reminded on Sunday about the way you should or should not address people who appear perhaps less able than others. Graham and I went to Tesco to pick a couple of items up, I was in my mobility scooter and heading for the exit whilst Graham paid. A security officer leapt out in front me and leant down to my height, her head sympathetically on the side, she looked me in the eyes and said "now can you see your way out dear"? I was sorely tempted to say (head on side of course) no I can't - do you think I should be propelling this scooter, I was in front of large sliding glass doors with EXIT written on them. "So long as you can see where to go dear" "bless you" she added, like that made it sound better! Now I know it was kindly meant but one is tempted to say, it's my leg that's gammy not my brain! Note to self: do not adopt the 'bless you' stance.

It's amazing how this lockdown is bringing things to

mind from long ago,

do you find that? I

was thinking of childhood poems and recalled a poem and silly version of a carol which our Rector, a lovely Welsh gentleman taught us. The first one is called Moses:

Moses supposes his toeses are posies of roses

But Moses is wrong, you see

Cos, no body's toeses are posies of roses

As Moses supposes his toeses to be

*The Carol is **We Four Beatles of Liverpool Are** (to the tune of **We Three Kings of course**)*

We four Beatles of Liverpool are

John in a taxi, Paul in a car

George on his scooter, blowing his hooter

Following Ringo Starr

Wonderful examples of high class literature they are not....but they've stuck in my mind, which probably doesn't say much for them either!

Keep safe. Julie Higgins, Federation Chairman

Hello from the WI Office to another jam-packed (no pun intended!) issue of The WI Hive. Make sure to make a note of our rescheduled events for 2021, when we'll be dusting off our sequins and celebrating our Centenary in style with all those exciting events we promised for 2020. Plus we have a wonderful recipe for Elderflower Cordial, although you'll need to be quick picking your elderflowers as they are coming to an end now, but if you look hard enough you can still find them.

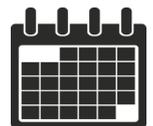
Don't forget, I always love to hear from you, our incredible WI members, about what you've been up to during lockdown, so don't hesitate to get in touch with your stories and photos.

The deadline for the next issue is Monday 6th June.

Keep smiling everyone ♡ Rachel Hows, Fed. Secretary

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Events Calendar



As promised we are building an exciting calendar of events for 2021. Add these rescheduled events to your diary.

Federation Annual Meeting (The Apex)

NEW DATE: Thursday 1st April 2021

NFWI Annual Meeting (London)

NEW DATE: Monday 18th April 2021

Sound of Wales in Suffolk (The Apex)

NEW DATE: Saturday 8th May 2021

Afternoon Tea at The Guildhall

NEW DATE: Tuesday 13th July 2021

Centenary Thanksgiving Service

NEW DATE: Saturday 4th September 2021

Public Affairs Memo

NO MORE

violence against women

Victims of domestic abuse are now able to access safe spaces at Boots and Superdrug pharmacies consultation rooms where they can contact specialist domestic abuse services for support and advice. The scheme is in response to the desperate situation facing many victims who are isolating with perpetrators during lockdown.

COVID-19 Members Survey

Don't forget! There's still time to take part in NFWI's survey about WI members experiences of lockdown and the impact COVID-19 has had on local communities. The survey takes about ten minutes to complete and is confidential. It's online until Tuesday 30th June and is open to all members. To take part [click here](#).



We received the lovely letter (below) from My WiSH Charity addressed to all of our Suffolk West WI Ladies.

Dear lovely ladies,

On behalf of My WiSH Charity I would like to say a BIG thank you to you all for the support you have given us, not only during the Covid-19 pandemic, but over the past years.

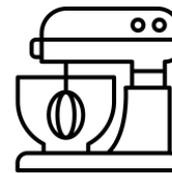
Your creative skills know no bounds and you have knitted and stitched some truly amazing blankets, twiddlemuffs, hearts, bears...the list is endless! These items make such a difference to both the patients and to their families and I know they would want to join me in thanking you all for your time and patience in making them.

Sorry I am not writing to you individually to say thank you but, as you can imagine, the charity world has been a little crazy.

Let's hope we are on the final leg of this horrible pandemic and we can all meet again soon. Do give us a shout, we love to come and give a talk to the WI ladies, you do make the best cake after all!

Best wishes, Sally Daniels (Appeal manager)

Cookery Corner



Why not take advantage of our beautiful Suffolk countryside and forage elderflowers to make some delicious Elderflower Cordial, using Virginia Farr's (Newmarket Evening WI) wonderful recipe. But you'll need to be quick, the flowers are coming to an end!

Ingredients:

- 20 heads of elderflower
- 1.8kg granulated sugar (or caster sugar)
- 1.2 litres water
- 2 unwaxed lemons
- 75g citric acid (this extends the shelf life)

1. Shake the elderflowers to expel any lingering insects, and cut the stalks off just below the umbrella, and then place in a large bowl.
2. Put the sugar into a pan with the water and bring to the boil, stirring until the sugar has dissolved.
3. Whilst the sugar syrup is heating, pare the zest of the lemons off in wide strips and toss into the bowl with the elderflowers. Slice the lemons, discard the ends, and add the slices to the bowl. Pour over the boiling syrup and stir in the citric acid. Cover with a cloth and leave at room temperature for 24 hours.
4. 24 hours later, strain the mixture through a sieve lined with a muslin (or a new j-cloth rinsed with boiling water) and pour into sterilised glass bottles. Screw on the lids and store in a cool cupboard.

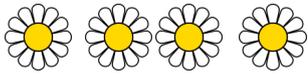
Additional tips: Once opened, store in the fridge to extend the shelf life.

Enjoy!

A MESSAGE FROM THE SOUP KITCHEN

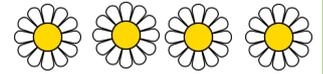
Hello ladies, I hope you are all managing to stay safe and well during lockdown and enjoying the good weather. I just wanted to let you know that even though the soup n' natter lunches are on hold, I haven't forgotten you and I miss seeing all my "regulars". Rest assured that as soon as it is safe to do so, the lunches will be up and running again.

If any of you would like to keep in touch, please feel free to call (01359 241286 or 07808 769717) or email me (yvonneking1945@gmail.com) and I'll be pleased to have a natter. Take care, Yvonne King x



The Daisy Chain

Linking together our WI members across the county



100 Years Ago: Ickworth Park's Garden Fete

Moreton Hall WI member, Gloria Hollins, spotted this little piece of Suffolk West's history in the Bury Free Press (Friday 19 June), on page 25.

"The Marquis and Marchioness of Bristol allowed Ickworth park to be used for a garden fete yesterday, organised in connection with the Federation of Women's Institutes.

All proceeds from the event went to the Women's Institutes of West Suffolk.

The ground around the mansion in Ickworth hosted a large number of attendees from Bury St Edmunds and the district.

The arrangements for the fete were made by Mr W. Brown Moir and Mr G.L. Bonner, joint hon. Secretaries.

The Folk Dance Society of London was also in attendance with dancing enjoyed by guests."



Suffolk West Federation's first banner parade

Photo courtesy of Rachel Thomas, SWFWI Archivist

A Cautionary Tale

Recently during the dry weather, I was walking along a narrow path in my garden carrying a heavy watering can. Suddenly I over balanced and fell down landing on my back across the wooden border into the flower bed, with my legs in a very strange position. Nothing appeared to be broken but due to the narrowness of the path I could not get to my knees, let alone stand up. A few shouts of help brought no immediate help. When my brain switched into action I remembered I was wearing a panic alert button, such a relief! I wear this 24/7 including in the shower. I pressed the button and explained my predicament. Meanwhile some neighbours had heard my shouts and came in, and within fifteen minutes my son who lives in Bury St Edmunds appeared. His is the first name on a list of three people recorded by the care firm for such emergencies. Slightly shaken, badly bruised, but thankfully no broken bones I was relieved to be on my feet again. It was a frightening experience.

Ladies, if you know someone who lives on their own do suggest they consider getting a personal alarm. There are several organisations who do this for a reasonable charge.

And lastly, ask yourself this, can you get up off your back without any assistance?

Margaret Ellis, Great Barton WI

Sturmer WI Quiz Answers (for Issue 6)

- | | |
|-------------------|---------------|
| 1. Busy Lizzie | 2. Cowslip |
| 3. Phlox | 4. Larkspur |
| 5. Pink | 6. Bluebell |
| 7. Sweet William | 8. Cyclamen |
| 9. London Pride | 10. Snowdrop |
| 11. Forget me not | 12. Sweet Pea |
| 13. Marigold | 14. Foxglove |
| 15. Dandelion | 16. Buttercup |
| 17. Edelweiss | 18. Crocus |
| 19. Lupin | |



Rickinghall WI Limericks

There was a Rickinghall WI branch

Who desperately wanted to dance

In "Strictly", but one there,

They tripped over their hair

So sadly, did not stand a chance!

There once was a WI group

Who found themselves out of the loop

When their receipt for egg custard

Did not "cut the mustard"

At Denman, so they're now in the soup!

Written by June Shepherd, WI Member

THE SUFFOLK COUNTRYSIDE

As I lay in bed unable to sleep
I counted and counted so many sheep
My mind then turned to our county so rare
There aren't many places that can compare.

In the dead of night just outside my house
I know for certain there will be at least one mouse.
Rats, weasels and stoats will be out to play
But at the crack of dawn will disappear in the hay.
The fox will be lurking to see what he can find
But I hope that he won't be too unkind.

Across the way is the forest I love
With so many different trees towering above.
If you go very quietly during the day
You will meet rabbits, deer & squirrels along the way

But my favourite spot is to sit by the river
To watch the swans, ducks and fish all a quiver.
Buttercups, daisies and so many wild things
Suddenly appear when winter turns to Spring.

The hedgehog wakes up and lambs appear
And very soon there will be baby deer.
The birds make their nests in unlikely places
It isn't long before they show tiny faces

What beauty we have in this county of ours
Just thinking and thinking one could go on for hours.
But now that the moon is going to rest
Back to my bed I think would be best.

Written by Jill Gooch, SWFWI Vice Chairman

Snap it! Caption It!



"What, who said there's Bambi?"

Love this photo from one of our evening walks past the deer on our lane. Aren't they just gorgeous?

Julie Higgins, SWFWI Chairman

Kate Sadler, Great Ashfield and Badwell Ash WI has been busy making masks using the pattern featured on MyWI. Kate chose the easier option without wire and has enjoyed getting back into sewing.



Arts La'Olam, an Ipswich based arts organisation, are running a Telephone Singalong for older people in Suffolk.

Acclaimed singer and vocalist Helen McDonald is making her phone number available to older people to call her and sing jazz and classic songs together over the telephone, offering a joyous and anxiety-releasing interlude from the daily void that social distancing can bring.

Arts La'Olam are particularly keen for those without access to the internet, who find themselves the most isolated, to hear about the project. The Singalong runs 22 June - 11 September, Monday-Thursday, 2-5pm, by calling 01473 561 027 (calls charged at your local rate).

**HELEN McDONALD
TELEPHONE JAZZ
SINGALONG FOR ELDERSD...**

Dial up and sing: 01473 561 027
Monday to Thursday, 2pm-5pm
22 June – 11 September 2020

Join acclaimed vocalist Helen McDonald as she sings jazz and classic songs with you over the phone

Sing out stress and inspire memories for the price of a phone call!

For more details visit la-olam.com

Arts La'Olam