



Chairman's Tête-à-Tête 2

Hello everyone,

What a change in the weather, we need the rain but let's hope it knows when to stop. It is a strange phenomenon but whenever they make hay in the field opposite us, it rains before they bale it, guaranteed!

I've just seen a photo of some of us on our Suffolk West Federation Facebook posted by Rachel Hows, we are sitting in a cafe in front of Poole Harbour. We had just been watching the activities going on around the harbour as we were lucky in having the Fred Olsen ship, *Boudicca* moored right in front of us. World War Two veterans were enjoying a number of events and activities on board the ship and ashore before sailing to Normandy for the 75th celebrations. These included a display from the Royal Navy at Poole Harbour and quayside entertainment by members of the Armed Forces. Aboard *Boudicca*, World War Two historian Peter Snow had hosted a lecture and joined veterans and Royal Marines on board for lunch.

A funny thing happened when Janet Brown & I sat watching The *Boudicca* before being joined by our fellow members. Janet had just gone to get us a cup of tea when I heard a shriek, oh no, I thought she'd fallen over, I got up and turned round ready to help her up, perform first aid or whatever was needed, to come face to face with an enormous seagull sitting on a post behind me squawking - what a relief it wasn't Janet but how difficult was it explaining why I thought she sounded like a seagull!

How different this year with the NFWI Annual meeting postponed until April 2021. However, what about this for a challenge, why don't you write in and tell us what you've enjoyed or learnt or taken up during lockdown. For Graham and I it was unearthing our bread maker from the nether regions of a kitchen cupboard and making ourselves fresh loaves all brilliant bar one when we realised we'd used some antique yeast! Keep safe.

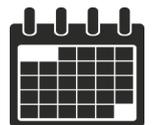
Julie Higgins, Federation Chairman

Hello from the WI Office, this issue has an exciting new feature for our online readers - it now includes hyperlinks, a fancy way to describe those "click here" sections you find in emails etc., well now you can find them in The WI Hive. The links will take you to surveys, recipes etc. that are featured in the article you are reading. I can't take the credit for this leap in technology though, it's thanks to Gwen Williams (SWFWI PA Chairman) who sparked the idea.

Whilst I'm talking about the online world that so many of us are getting more to grips with, NFWI are urging members who have internet access to ensure they are signed up to MyWI. Guess what, if you [click here](#) you can sign up now! Don't miss out, it's the place to find everything you need to get the most from your membership!

Lastly, if you click the Facebook and Instagram icons (to the right) they will take you directly to our pages, don't forget to follow us! Keep smiling all Rachel Hows, Fed. Secretary

Events Calendar



Don't forget! We have a new date for you to be serenaded by the boys of the London Welsh Choir

NEW DATE: Saturday 8th May 2021
7.30pm, The Apex, Bury St Edmunds
£22 per person

Word of warning, the stalls are selling fast!

You can snap your tickets up [here](#)
Or by phoning The Apex Box Office
on 01284 758000

SWFWI, Unit 11, Park Farm Business Centre,
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Public Affairs Memo An update on the latest WI campaigning news.

50th Anniversary of the Equal Pay Act

29th May marked the 50th anniversary of the Equal Pay Act, passed by Parliament in 1970. But did you know, in 1943 WIs first began campaigning for equal pay, with our very own Bures WI proposing the revolutionary resolution 'equal pay for equal work'. Well done Bures WI what an incredible achievement!

Cervical Screening Awareness Week 15-21 June

It's a worrying time with cervical screening appointments cancelled due to COVID-19,



however the *5 Minutes*

that Matters campaign continues to raise awareness of the importance of cervical screening.

As part of the campaign NFWI are calling on WI members over the age of 25 to take part in an anonymous online survey, [to sign up click here](#). From this research the WI hopes to be able to call for changes in the cervical screening programme that could improve experiences and increase uptake.

How has COVID-19 impacted you? NFWI have launched a survey to understand WI members' experiences of lockdown. Your responses will help inform and enable NFWI to call for any changes that might benefit women and their communities during these difficult times. The survey will be online until 30th June, [click here](#) to take part.

Message from Val Simpson, SWFWI ACWW Rep

Every penny counts, especially *Pennies for Friendship*, helping ACWW to improve the lives of women and girls worldwide. Envelopes were sent to WIs earlier this year and I know many of you were hoping to deliver them at the Annual Meeting. So, if you haven't already sent your money to the WI Office, please do so as soon as possible so that all money raised by SWFWI can be sent to ACWW, then their work can continue, even in these difficult times. Thank you.

To keep up to date with WI campaigns you can subscribe to the monthly Public Affairs Digest [here](#)

Margaret Hitchcock Cup 2021

In the past few years, many WIs have been going to their archived material as part of their Centenary Celebrations. Some have been looking at how major events in our country's history have been marked



by their WIs and communities. Back in the early days of the WI, the Spanish Flu Pandemic hit and there is little record of the effect on the WIs of the day apart from the lack of records and minutes of meetings. This is why we feel it is important to put together a record of how we all coped in these sometimes funny, frustrating and totally alien times. This can then be stored so that hopefully in years to come future generations will have information to research.

The Margaret Hitchcock Cup for 2021 is for a scrapbook of how the unusual circumstances of 2020 affected your WI. It can be any size and can be bought or made from what you have around. It will record how your WI and members have kept in touch and how they have been involved with the communities you live in. Amongst other things it might contain pictures, poems, tickets from cancelled events, stories and articles from members.

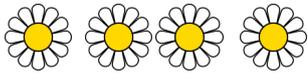
We are giving you advance warning of this because, as time goes by, the things that were important get overtaken by new events and we want you to gather together the photographs and other memorabilia that you would like to include while you can.

We have asked the Suffolk Archives Office for help about adhesives and materials that will keep best and will let you have that information as soon as possible. In the meantime, start collecting your memorabilia.

The full competition schedule will be in the September Mailing. Judging will be based on presentation, content, diversity and communication but don't let that put you off! Your Scrapbook will be a valuable part of your WI History in the years to come.

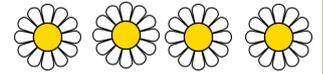
If you have questions, please contact Sue Beavan on 01787 373251 or smbeavan@gmail.com

Sue Beavan, Members Advisory Chairman
Margaret Brackenbury, SWFWI Vice Chairman



The Daisy Chain

Linking together our WI members across the county



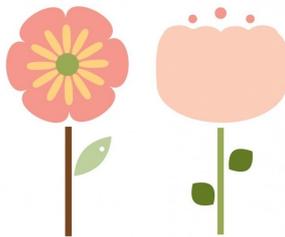
Or more importantly our NHS workers do! Past SWFWI Chairman Jill Newell has had word that Stowhealth Surgery, Stowmarket are still in need of scrubs. Can you help? They particularly need sizes medium-XX large. If you have the materials and are happy to sew, or if you have any finished scrubs without a home then please contact the WI Office for where to deliver the scrubs.

Sturmer WI Quiz

There's a flower in there somewhere

Can you unscramble the flowers names in these anagrams?

1. The queen is kept occupied
2. A bovine error
3. Lots of sheep we hear
4. High flying bird and contented cat
5. Make a serrated edge
6. Sad clanger
7. Sugar for a prince
8. Tandem ride
9. Cockney ego
10. Avalanche
11. Remember
12. Honey veg
13. Nuptial metal
14. Cunning mitt
15. Fancy cat
16. Anchor mug
17. Lazy but clever
18. A black bird swearing
19. Toilet needle



Answers in the next issue!

Congratulations

Elaine Read, Great Barton WI
who was the winner of our Lockdown Quiz.

Snap it! Caption it!



Wendy Barker, Moreton Hall WI, sent us this adorable photo of her granddaughters kitten, Mia, sleeping (just look how tiny she is compared to that school book!). Mia has given Wendy's granddaughter wonderful support during isolation.

"COVID-19, what's that?"

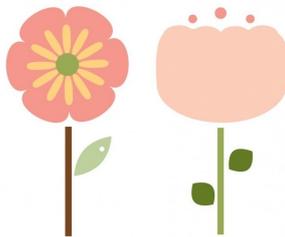
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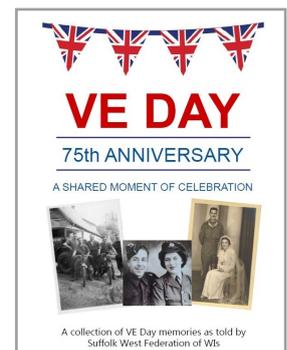
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"It ain't half hot!"

Glenn Abbassi, Hadleigh Evening WI has been keeping busy knitting a lovely jumper from a pattern in February's WI Life. Glenn added "It's a little warm for now, but it should come in useful for next autumn/winter."

Have you ordered your copy of *VE Day: A Shared Moment of Celebration*, yet? It's a lovely booklet featuring the lives of Board, Advisers and past Staff members' parents and some personal memories of VE Day and the war. There are some beautiful photos of families at war and their weddings and other celebrations, plus a wonderful story of one of our member's life as an Air Transport Auxiliary aircraft ferry pilot - one not to be missed.



If you would like your own copy, please order through your WI secretary or through the WI office. Copies are just £1 each including postage sent direct to you, so why not order one for your family as well. Booklets are printed to order so please bear with us whilst we produce your copy. Thank you for your support.

SWFWI Board of Trustees



Cookery Corner

This fortnight's recipe has a heartwarming twist, it comes from Sue Beavan's son, Nick Beavan, head chef at The Crown, Stoke By Nayland.

Like other pubs The Crown, part of the Chestnut group, have had to temporarily close their doors in line with lock down restrictions, but that hasn't stopped them from cooking up a storm! The award winning team have opened up their kitchen and have been volunteering to cook and deliver meals for local key workers.

The Crown is one of Chestnut's eleven pubs and restaurants across East Anglia involved in the initiative, and thanks to the immense generosity of local communities, suppliers and local businesses, Chestnut as a whole has now delivered over 10,000 free meals.

Funded entirely by this good-will, Chestnut launched 'The Giving Tree'. The ambition is to raise over £50,000, which means 20,000 free meals for key workers across the East Region.

Nicole Barrett, General Manager at the Crown said "Being able to actively give back to our community has given us all a tremendous boost. Our chefs were eager to volunteer and cook, while our bar and hotel team have been supporting by packaging, labelling and delivering. Every donation of £25 means ten free meals can be delivered to care workers."

However big or small, you can show your support by donating [here](#)

And now you can whip up a storm in your own kitchen with Nick's *Warm Salad of Smoked Mackerel, Soft Boiled Egg & Crushed New Potatoes with Shallot & Herb Dressing*.

Serves 2 Large Portions

Ingredients:

300g new potatoes
4 free range eggs
4 fillets of smoked mackerel

1 large shallot, finely diced
Good amount of house dressing
To taste, lemon zest, chopped soft herbs, salt & pepper

Mrs B's House Dressing

1 small shallot, peeled and chopped
1 clove of garlic, peeled.
Handful (approx 75g) soft herbs - parsley, chives, marjoram, thyme leaves etc..
2 tablespoons of Dijon mustard
150ml white wine vinegar (or similar – cider vinegar works well too)
Zest and juice of one lemon
350ml rapeseed oil

Method:

To start, make the house dressing - blend all the ingredients with a hand blender (add a splash of water if needed to loosen further). Then store in a Kilner/jam jar in the fridge for up to a month

To begin the salad, boil the potatoes until done. Remove from water and put in a large bowl with the chopped shallot. Reserve the water in the pan!

In the water the potatoes were cooked in, soft boil the eggs for 5-5 ½ minutes, then take them out and cool them.

Meanwhile, using a spoon, lightly crush the shallots and potatoes together with a good tablespoon of the house dressing.

Taste it and adjust if necessary to taste. Peel the boiled eggs.

Flake and warm the smoked mackerel either in the oven or under the grill.

Plate up the potatoes then the mackerel. Leave the eggs whole or cut them and arrange on top. Finish with a touch of lemon zest, herbs and more house dressing.

Enjoy!