



A WORD FROM OUR CHAIRMAN

As we approach the end of another WI year, we have all either had our Annual Meetings, or will do so this month. It is a time when we can thank our members who volunteer for committee and officer posts so that our WIs can continue to meet and enjoy the friendships and fun that the WI supplies in abundance.



There has of late been some reluctance among members to volunteer for committees, but I can safely say that it is a rewarding experience working together to support the members indeed, when the jobs are shared it is easy! So, please do give some thought to joining your WI committee. We know that many of you have good ideas and organisational skills so why not consider joining one of the Federation sub-committees?

We are looking forward to meeting at the Leas Cliff Hall on Wednesday 22nd March for our Annual Council Meeting – if you haven't got your ticket yet there are still a few available. It will be good to catch up, hear the Federation news and listen to our inspiring speakers.

Finally, on your behalf, the Trustees would like to thank our hard-working WI Advisers – Gill Crone, Carol Davidson, Dorothy Douse, Jennie Silk and Gwyneth Sutton – they work tirelessly for our members and WIs, offering help and guidance so that we can continue to enjoy our WI life.

Carol Evans, Federation Chairman

DATES FOR YOUR DIARY

22 nd March 2023	Annual Council Meeting at Leas Cliff Hall, Folkestone
1 st April 2023	WI Spring Spectacular – page 10
12 th April 2023	Spring Day - page 9
19 th April 2023	Resolution Meeting – page 3
3 rd May 2023	Bluebell Walk at Challock – page 6
11 th May 2023	Belly Dancing at Dunkirk – page 11
25 th May 2023	NFWI Annual Meeting in Cardiff
20 th June 2023	Outing to Hatfield House & Gardens
14 th July 2023	Anyone for Croquet
27 th July 2023	Visit to Belmont House, Faversham – details to follow!
4 th – 7 th September 2023	Federation Holiday
10 th October 2023	Craft Day

Applications for tickets can either be made online at Ticketsource or via your WI secretary. Please ensure that all booking forms include the names of all attending members.

THOUGHTS FROM THE TREASURER

The snowdrops and crocus are in abundance in the grass verges here in Hythe, spring is definitely not far off.

Spring now heralds the arrival of the new WI year which means subs will be due at our April meetings.



We appreciate that some people are struggling with the rising cost of living but I think our WI membership is still good value for money.

Although you can't pay your subs in instalments in arrears, you can pay them up front. Why not ask your WI Treasurer if you can pay £20 in March and the remaining £26 at your April meeting.

If you are the WI MCS rep please remember to remove members who are not rejoining, They should not be getting the benefits we pay for such as WI Life. It is also good practice to ✓ the paid box when members have paid. It makes it so much easier to see who has paid and who has not.

I understand some of you are having problems with banks. Can I ask you to drop me an email explaining the issues you are having: elizabeth.lansman@aol.com

As part of our change to a CIO we have opened new accounts with Lloyds Bank. I can't say it went smoothly like it did when I opened the account for the new Hythe Bay WI but, I can now add to my CV 'complaining' as one of my skills. We have a complaints manager, one of the four senior ones and we have received compensation.

Please do take note of the new bank details when making payments. We hope the bank will accept EKFWI-CIO on cheques as the space on cheques just isn't long enough to write it out in full.

We need to remind you that if you order tickets, we cannot offer refunds unless we are oversubscribed. Do also remember that if you book a ticket through your WI you are responsible for paying your WI for that ticket even if you change your mind. Please do not put your Treasurer in the awkward situation of having to chase you for payment.

Those of you who book through Ticketsource - full refunds including the booking fee is refunded by Ticketsource if we cancel an event. This happened recently when we had insufficient tickets sold to make an event viable.

I look forward to seeing you all at the Leas Cliff Hall at the Annual Meeting. Please feel free to come and introduce yourself. There are still a few tickets available.

Elizabeth Lansman, Federation Treasurer

CONTACT INFORMATION

Federation Office

Crown House, John Roberts Business Park, Pean Hill, Whitstable CT5 3BJ

Tel: 01227 464106

Email: federation.secretary@eastkentfedwi.org.uk

Opening Hours: Tuesday to Friday, 9.30am – 3.00pm (closed for lunch from 1.00pm to 1.30pm)

WINNERS OF THE FEBRUARY 200+ CLUB DRAW

1 st	No 29	£25.25	Gill Bromley of Smarden WI
2 nd	No 53	£15.15	Barry Woolgar
3 rd	No 32	£10.10	Philippa Sulkin of Wingham WI

RULES OF THE DRAW!

As we have changed our charitable status to a CIO we have had to review the 200 Club rules. To make the administration simpler we are changing a few things.

The year will run from 1 September to 31 August. Membership of the 200 Club is 5p. Each share costs £1 and are purchased for a full year £12. Members and friends may purchase more than one share. Each month a draw takes place for three prizes:

- 1st prize 25% monthly input
- 2nd prize 15%
- 3rd prize 10%

You can join at any time through the year but the first year you pay only for the remaining months ie you join in March, you pay for the draws in April, May, June, July and August. Renewals thereafter will be due on or before 1 September. Your share number(s) will be included in the first draw after joining.

We hope that by sticking to a fixed year members will know when they should be renewing. The money raised is used to support the Federation.

We will have application forms available at the Annual Meeting on the Federation table.

PUBLIC AFFAIRS COMMITTEE

RESOLUTIONS MEETING

Wednesday 19th April 2023 at 10.00 am – 12.30pm

St Peter's Methodist Church, St Peter's Street Canterbury, CT1 2BE



What do you know about the Resolutions?

Why not come along to this year's Resolutions Discussion

£8.00 per person including tea/coffee & cake

Raffle!

This event is open to all members and not just those who have agreed to be Delegates at the NFWI Annual Meeting in May 2023. If you wish to attend please complete the booking form below or apply on line at:

<https://www.ticketsource.co.uk/east-kent-federation-of-womens-institutes>

RESOLUTION MEETING

Name:

WI:

No of Tickets: Amount Enclosed:

IN CELEBRATION OF THE CORONATION OF KING CHARLES III

CREATE A CONGRATULATIONS CARD!



The card can be in any medium you desire and must be of a suitable standard to send to His Majesty, it must have an accompanying quality envelope or card box. It must measure 5" x 7" (13cm x 18cm) and be in colour, the original design, style and decoration is down to the card maker. **No computer art card will be accepted.**

The greeting inside the card must read:

"The Board of Trustees and members of the East Kent Federation of Women's Institutes would like to send their greetings and good wishes to His Majesty King Charles III on the occasion of his coronation".

Finished entries should either be delivered, or packed and sent, to the Federation office, Crown House, John Roberts Business Park, Pean Hill, Whitstable, CT5 3BJ by Friday 31st March 2023.

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Name: WI:

Email: Tel:

I agree to allow the East Kent Federation to publish my entry in East Kent News

Signature Date

STARTING A BOOKCLUB



Book clubs are an opportunity to discover new titles and share your love of words with other members. Not sure how to set one up? Hopefully the following will help.

1. Set out the Basics

- Do you want to stay with one theme or genre, or read a range of books?
- Potential group size though this could depend on where to meet!
- If a single organiser will manage the meetings, or responsibility will be shared.

2. Spread the Word

- Put a notice up at a meeting or use your WI's social media accounts.
- Ask members to register their interest either by using a sign-up sheet or to send an email expressing their interest.

3. Host an Initial Meeting

- It can be helpful to get members together to discuss what they want to get out of the group. This could involve setting out a few 'ground rules' such as how often to meet and for how long.

4. Choose a Time for your Meeting

- When you meet will depend on your WI and members' availability. It's helpful to stick to a set date and time so it becomes a regular feature in members' diaries

5. Pick a Venue

- Decide whether you want to meet at the same place or to mix it up each time – this could even be themed around the book you're reading.
- If you meet at a regular venue, you may be able to strike up an agreement with the manager to guarantee you a private space or table each time.

6. Prepare for your Meeting

- The meeting will flow more easily if you structure it around set questions or discussion prompts. There are lots of online resources for general book discussion prompts.
- If your group is reasonably small, try having a list of questions and asking one at a time to the whole group. However if your group is larger (around 10+ members) it may be easier to write the questions onto individual pieces of paper and break off into smaller groups.

7. Decide How you will Choose the Books in Future

- Suggest a shortlist of titles at each meeting and have a vote there and then
- Ask members to put their suggestions into a box or hat and pick one out each time
- Follow a list – newspapers and major bookshops all publish reading lists each year, or choose from one of the titles featured in the *WI Life* magazine Book Club

8. Keep Members Up-To-Date

- After the initial meeting, why not create a website, blog or Facebook group to keep members in the loop? You could also use this as a forum to discuss upcoming meetings and vote on your next read.

And of course don't forget to send a book review for the East Kent News to federation.secretary@eastkentfedwi.org.uk

Performing Arts, Leisure & Sport Committee
Contact Clare Boggia
07912 038891 or boughtongreys@gmail.com

BLUEBELL WALK

Wednesday 3rd May 2023 at 10.00am

£4.00 per person

Kings Wood, Challock, TN25 4AR – free parking!



Join us for a walk and quiz around the 3.5 mile sculpture trail in Kings Wood.

Paths can be steep and rough in places so sturdy footwear and appropriate clothing will be necessary!

There will be a photographic competition so make sure your phones are charged!

Dogs are welcome but must be kept on a lead.

There is no tea kiosk so please bring your own drink although the Half Way House Pub which is nearby will be open for coffee and/or lunch afterwards.

Book online via: <https://www.ticketsource.co.uk/east-kent-federation-of-womens-institutes>
or fill in the form below and send to the East Kent Federation Office by **Friday 24th April 2023**

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BLUEBELL WALK

Name.....WI

Contact Tel No:

SAVE THE DATE!

The Performing Arts, Leisure & Sport Committee are busy planning events for the upcoming year. More details will follow in future issues of the East Kent News but save the following dates for your diary:



- ❖ **Tuesday 20th June 2023** - Outing to Hatfield House & Gardens, £45 for members and £50 for non-members.
- ❖ **Friday 14th July 2023 at 10.30 am** (or if raining that day, 17th July) – Anyone for Croquet at Chartham Hatch, £12 per person

OVARIAN CANCER ACTION

In support of the campaign to raise awareness of the signs of ovarian cancer and to help raise funds for research into this horrible disease I have signed up Ovarian Cancer Action to walk 100km in March.

I am trying to walk in different parts of the Federation and would be delighted if any members would like to walk with me and keep me company. The walks I have planned are so far, all start at 10.30am and they are:

- Thurs 2 March - Sandwich Bay (9.5km)
- Tues 7 March - Chilham (8km)
- Thurs 9 March - Betteshanger Park (6.5km)
- Sun 12 March - Faversham (8km)
- Wed 15 March - Wye (9km)
- Sun 19 March - Bishopsbourne (6.4km)
- Thurs 23 March - White Cliffs (11km)

If you would be prepared to sponsor me I have set up a Just Giving page - you can find it at www.justgiving.com/fundraising/Carol-Evans34

Since signing up I have learnt that a friend and fellow member has been diagnosed with the disease, making it even more important to me that I take part.

For further information about the walks please contact me at ecarolevans@hotmail.com

Carol Evans
Federation Chairman

WITCH HAZEL WALKS

The Food Gardening and Creative Arts Committee recently organized a series of walks around the RHS National Collection of Witch Hazel at Chris Lane's nursery in Newington.

A big thanks to Chris for sharing his knowledge as well as a thank you to Diane Lane for providing some delicious cakes!



Photos by Sandy Le Roi of Whitstable WI and Sue Foster of Shepherdswell WI

COOKERY CORNER

Rocky Road Ice Cream Pie (serves 8)

Taken from MyWI.

A great place to find classic WI recipes, seasonal recipes and the Menu of the Month archive.

Ingredients

- 80 g (3 oz) unsalted butter
- 200 g (7 oz) chocolate digestive biscuits
- 500 ml tub of good quality toffee ice cream, softened slightly
- 58 g bag of Maltesers – halved
- 2 large eggs
- 115 g (4 oz) caster sugar
- 50 g (2 oz) mini marshmallows

Method

1. Preheat the oven to gas 8/230° C/210° C Fan
2. Melt the butter in a medium saucepan. Crush the digestives biscuits and stir them into the butter. Press the crumb mixture into the base and sides of a buttered 20 cm loose bottom deep flan tin. Chill for 30 minutes
3. Scoop half the ice cream out and pack it carefully into the biscuit case. Press half the Maltesers randomly on top. Repeat this with the remaining ice cream and Maltesers.
4. Whisk the egg whites until stiff. Gradually beat in half the sugar. Fold in the rest, reserving 1 teaspoon and then beat in half the marshmallows.
5. Spread the meringue mixture completely over the ice cream and Maltesers leaving nothing visible underneath. Make dramatic swirls with the meringue and sprinkle with the reserved sugar.
6. Bake at near the top of the oven as possible for 3-5 minutes, watching carefully, until the meringue is just crisp and browned.
7. Serve at once!

WOODCHURCH WI

As a change from having competitions linked to the theme of the talk Woodchurch WI decided to allocate a colour to each month. February was orange and members stepped up to the challenge! A varied array of items were entered ranging from Wendy's straight forward orange to an item won by Sheila at a funfair when she was aged just 7. Cathy Caitlin was the overall winner with her beautifully presented fabric floral arrangement.

Note from the Editor – what a great idea! Opens up the competitions to lots of possibilities!



HERNE WI

This was an item found in the first album of Herne WI, it comes from the mid 1960s and appeared in Kent Life.

The reporter was entertained by the members of Herne WI who told him about the “old fashioned village” that had been changed by the new people who had moved into the new private estate on the Herne Bay side of the village. He was taken to the church where he was enthralled by its beauty and told tales which I’m sure would go by the name of urban myths now.



Anyway here is the story of the donkey and the smugglers:

The donkey was loaded up on the shoreline of Herne Bay then they would give it a hearty whack on its rump and it would plod its way to Herne (don't know how it managed the Thanet Way!) When it got to a certain house in Herne it was given food and water and another hearty smack and off it went back again. Apparently it never failed to return.

The reporter believed it, I leave it up to you to decide!

Sandy Brown, President of Herne WI

Food, Gardening & Creative Arts Committee

SPRING GARDEN DAY

Wednesday 12th April 2023
The Canterbury Academy, Knight Avenue, Canterbury CT2 8QA

Doors open at 9.30am and tickets are £12.00 each



Back by demand, Ellouise Hasler-Stott
winner of 3 RHS Chelsea medals and Best in Show and Gold in
2018 with more fascinating flower arrangements:

A SUMMER OF FLORAL CELEBRATIONS

Also,- Susan Shaw – who will give a talk on Chelsea Flower
Show & Mark James, Head Gardener from Mount Ephraim
Gardens

Sales tables and raffle will be available on arrival and during the lunch break.
Tea and coffee will be available on arrival it is included in the price of the ticket.
Please bring a packed lunch and a reusable cup.

Book online via: <https://www.ticketsource.co.uk/east-kent-federation-of-womens-institutes>
or fill in the form below and send to the East Kent Federation Office

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SPRING GARDEN DAY

Name.....WI

Contact Tel No:

SPRING SPECTACULAR – 1ST APRIL 2023

St Peters Methodist Church, Canterbury

This event will be open to the public so bring your friends and family along to see what the WI is all about!

No Entry Fee!

The day will include:

A Tree Competition

Craft Stalls

Chocolate Tombola

Stalls & Refreshments

Preloved handbag sale

Committee Displays

TREE COMPETITION

Create a tree to reflect the WI and your membership eg Spring, Easter or you could highlight a campaign such as climate change, ovarian cancer, plastic soup and mental health or reflect the craft interests of your members

The tree can be made of twigs, branches or a frame covered with knitting, crochet or other material.



***Overall dimensions
maximum height 1
metre and maximum
width & depth 80 cm***



Trees can be delivered to the venue between 8.30am and 10.00am and must be removed between 4.00pm and 4.30pm

Please register your interest by 22nd March 2023 – either by emailing assistant.secretary@eastkentfedwi.org.uk or in person at the Federation table at the Annual Council Meeting on 22nd March 2023.

One entry per WI

If you are able to help at this event (even if just for a short-time!) please contact the Federation Office on 01227 464016 or at federation.secretary@eastkentfedwi.org.uk

Performing Arts, Leisure & Sport Committee
Contact Clare Boggia: 07912 038891 or boughtongreys@gmail.com

BELLY DANCING EVENING

Thursday 11th May 2023 at 7.30pm

£8.00 per person

Dunkirk Village Hall, Courtenay Road, Dunkirk, Faversham ME13 9LF
(free parking at hall)



Join us for a fun evening of Belly Dancing.

Turkish Tea and Baklava included!

Places strictly limited!

Book online via: <https://www.ticketsource.co.uk/east-kent-federation-of-womens-institutes>
or fill in the form below and send to the East Kent Federation Office

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BELLY DANCING

Name.....WI

Contact Tel No:

MESSAGE FROM NFWI

THE FEBRUARY ISSUE OF WI LIFE

Word reaches us that some members are unfortunately yet to receive their copy of February's WI Life magazine.

We've checked with our distribution house and found no problems so it seems that any delays are due to a backlog at local Royal Mail sorting offices and delivery services, which have suffered disruption due to recent industrial action.

Fingers crossed the delayed copies will still arrive but in the meantime, members can read the digital edition here: FEBRUARY 2023 (<https://online.fliphtml5.com/gphbd/mcwe/...>).

Thanks for your patience!

SPEAKING IN PUBLIC

Whether you're chairing a meeting, addressing your WI or giving a presentation – it's natural to feel nervous before speaking in public. Try these 10 tricks to help you feel more confident while speaking...



- 1. Accept your Nerves** - Even experienced speakers get nervous, so don't worry if you feel jittery before you speak. You'll probably find your nerves disappear once you get going. If not, you can always channel any nervous energy into your delivery.
- 2. Be Prepared** - You'll feel much better on the day if you prepare beforehand. Spend some time planning the outline of your speech or presentation so that it includes everything you want to say.
- 3. Practice makes Perfect** - Once you've learned the outline of your speech – practise, practise, practise. You could do this on your own or in front of a small, supportive audience (e.g. friends or family). If it helps, make some cue-cards or notes to jolt your memory. Don't worry about memorising it word-for-word though as you want to sound natural.
- 4. Visualise your Success** - In the days before your speech, close your eyes and picture yourself speaking with confidence. Imagine how good it feels and keep going back to that feeling if you get nervous at any point.
- 5. Take a few Relaxing Breaths** - Just before you begin speaking, take three slow, deep breaths in through your nose and out through your mouth. Have a mantra that you say to yourself as you breathe out, like "relax" or "you can do this".
- 6. Focus on your Audience** - As you speak, make eye contact with your audience – it's much more engaging than looking at the ground or reading from your notes. The more you connect with your audience, the more at ease you'll all feel.
- 7. Act Confident (even if you don't feel it!)** - Pounding heart, shortness of breath, sweaty palms? Your audience won't be able to tell how nervous you are – if you don't show them. Smile and look confident, and you may find you start to feel it too.
- 8. Use your Voice for Emphasis** - Vary the pitch, volume and tone of your voice to keep your audience interested. A monotone voice suggests you don't really care about the message you're putting across, whereas an expressive voice that carries emotion does.
- 9. Stick to the Point** - Keep your speech short and sweet, sticking to a basic idea. This will keep the audience engaged and stop you losing your train of thought.
- 10. Speak Slowly** - Try not to talk too fast. If you rush through your speech, you'll sound more nervous and your audience might not hear important details. As a rule, it's best to speak a bit slower than you normally would – even if it sounds unnatural to you.

GUILD & GROUP MEETINGS

ASHFORD CRAFT & HOME ECONOMICS GUILD – 20th March – Supershoes – Helping Children Through their Cancer Journey by Anne Bauling. Meet at 2.00pm on the third Monday of the month at Kennington WI Hall, 228 Faversham Road, Kennington TN24 9AN. Contact their Secretary, Pat Owen-Smith on 01233 630134 for further details.

DEAL & SANDWICH CRAFT & HOME ECONOMICS GUILD – 20th March – Easter Cards with Nina Vallack. Meet at 2.00pm on the third Monday of the month at Sandwich Guild Hall, The Cattle Market, Sandwich CT13 9AH. Contact their Secretary, Mavis Johns on 01304 360541 for further details.

DOVER CRAFT & HOME ECONOMICS GUILD – 29th March – Genealogy and How to get Started by Carol Howell. Meet at 2.00pm on the fourth Wednesday of the month at Whitfield Village Hall, Sandwich Road, Whitfield, Dover CT16 3LY. Contact their Secretary, Mary Gardner on 01304 820886 for further details.

SHEPPEY CRAFT & HOME ECONOMICS GUILD – 23rd March – Talk and Defibrillator Demonstration by St Johns Ambulance. Meet at 2.15pm on the fourth Thursday of the month at The Bethel Church Hall, Chapel Street, Minster on Sea, Sheerness ME12 3QF. Contact their Secretary, Valerie Chatten on 01795 874634 for further details.

ENVIRONMENT & NATURAL HISTORY GROUP – We look forward to meeting our members and new recruits at the Annual Council Meeting, where our Programme for this summer will be available. We start the season with a visit to Hythe on 27th April, followed by a Wisteria walk on the afternoon of 12th May. Orchids are on the programme for June and more delights later in the year. Further details from Janet Adamson, by telephone: 01304 784267 or email: janet.a.adamson@btinternet.com

LACEMAKERS GUILD – We are a small group of enthusiastic lace makers, who meet monthly, at The Clock Tower Café, Tyler Hill Road, Blean. We would love for some new members to join us. We are happy to help beginners and we have various pillows, bobbins, books and threads to get you on your lacemaking way. Our meeting is on the third Tuesday from 10 am to 1 pm. We hope to have a stall at the Annual Council meeting in March, if you would like to have a go and see what you could make.

NEEDLECRAFT GUILD – The Needlecraft Guild welcomes all WI members who are interested in any form of needlecraft. They meet on the fourth Wednesday of the month (except December) at Chartham Hatch Village Hall, Bigbury Road, Chartham Hatch, Canterbury, Kent CT4 7NH between 10.30am and 2.30pm. New members are always welcome to this friendly, creative group. To find out how to join, please contact the Federation office.

SPINNERS – The Spinners Guild meet in Chartham Village Hall, Station Road, Chartham, Kent CT4 7JA on the first Monday of every month, unless it is a Bank Holiday, in which case the meeting takes place on the second Monday. The meetings start at 10.30am and end at 2.30pm. It's a friendly & lively group and, in addition to spinning, they have workshops on knitting, felting, weaving, button making - pretty much anything woolly! New members are always welcome and are put under the wing of experienced spinners to learn about the craft.

JUST FOR FUN!



THE ANIMAL KINGDOM!



1	What type of animals are flying foxes?
2	In which island are the Thylacine native?
3	If aardvark are the first animals in the dictionary which would come second?
4	To which continent is the jaguar native?
5	What does a monkey have that an ape does not?
6	What type of animal is an argalis?
7	Which is the largest living species of lizard?
8	Where on it's body are a crickets ears?
9	Often found in manure and used as fishing bait what colour is the brandling worm?
10	What name is given to the North American elk?
11	What is the off-spring of a female donkey and a male horse?
12	To which continent are Bactrian camels native?
13	Which animal is also known as an ounce?
14	What name is given to any animal that chews the cud?
15	Which animal is also known as a colugo?
16	Which animal's name means "Man of the Woods" in the Malay language?
17	Which is the fastest animal on two legs?
18	Which squirrel is native to the British Isles?
19	Which animal lives in a formicary?
20	Which small animal was prized as food by the Romans?

Answers from the February 2023 East Kent News

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|----------------------------|-----------------------|
| 1. Raiders of the Lost Ark | 11. Monopoly |
| 2. Edward Heath | 12. Sir Barnes Wallis |
| 3. Bruce Springsteen | 13. Gioachino Rossini |
| 4. San Salvador | 14. Murrayfield |
| 5. Rupert Grint | 15. Red Dwarf |
| 6. Yellow | 16. Tenerife |
| 7. Elizabeth Fry | 17. David Bowie |
| 8. Stephen Fry | 18. The eye |
| 9. Portugal | 19. The master |
| 10. Oranges | 20. Woodstock |