



A WORD FROM OUR CHAIRMAN

Welcome to the May East Kent News which heralds a month of important votes.

Firstly, if your WI hasn't yet voted on the Federation change of status to a CIO there is still time, the result of the vote should be sent to the office by 31st May. As you know, this does not affect members or WI but is important for the legal and financial security of Federation Trustees.

Secondly, it is the time to vote on this year's resolution – Women and Girls with ASD & ADHD Under-identified, Under-diagnosed, Misdiagnosed, Under-Supported. I know that WI's will give careful consideration to this and many of you will have speakers to help inform your choice. Let your delegate know how you would like her to vote and give her discretion to change the vote should overwhelming evidence be presented to the meeting in Liverpool. She will report back to you after the meeting in June.

Last month members enjoyed two very successful Federation events, the Literary Lunch and Spring Garden Day, both inspirational in their own way. We have more events in the pipeline so keep an eye out for emails and flyers and the federation Facebook page where information on events is posted.

We are working on the Federation website and if there are any members with good computer skills and an interest in keeping the website up to date, we would be delighted to hear from you, training will be given so please, just contact the office for more information.

Carol Evans, Federation Chairman



THOUGHTS FROM THE TREASURER

Have you remembered to pay your subs? Although we are all still learning to work around the new dates for paying our subscription fees I do think 1 April is a better date than 1 January. April brings the joys of Spring and the feeling of hope and therefore a time to look forward.

We are all facing rising prices and therefore choices have to be made about where we spend our money. Subscription fees for this year are £44 which include a minimum of 11 free meetings and 8 editions of WI Life sent direct to your home. Yes, I could sit alone drinking a cup of coffee in a cafe and reading a newspaper for £4.40 once a month but my membership of WI gives me so much more. The friendship and support of fellow members and the opportunities the WI offers both in my local WI and in the Federation are priceless.

The Federation is looking for a few people to join the finance committee. They will meet just a few times a year to look at ways of streamlining how we operate and organising fundraising events. If you are interested please email the office or myself elizabeth.lansman@aol.com

Elizabeth Lansman, Federation Treasurer



DATES FOR YOUR DIARY

11 th May 2022	Wisteria Walks FULL
12 th May 2022	Wisteria Walks FULL
17 th May 2022	Walk and Talk at Samphire Hoe FULL
18 th May 2022	Auditions Event at Eastry Village Hall
27 th May 2022	Closing date for Spring Competition
11 th June 2022	NFWI Annual Meeting in Liverpool
14 th July 2022	Quiz Walk
29 th July 2022	Closing date for Summer Competition (details to follow)
12 th September	Walk and Talk at Samphire Hoe
16 th September 2022	Closing date for Diary orders
8 th November 2022	Craft Day at Chartham (further details to follow)

Application forms are with all WI secretaries or are available from the Federation Office.

PUBLIC AFFAIRS SUB-COMMITTEE

The Public Affairs Sub Committee would like to draw your attention to ways of Preventing Food Waste, one third of the food produced globally is either lost or wasted every year. Today 45% of root crops, fruit and vegetables produced globally are wasted each year. Stop Food Waste Day was on April 27th this year and you might have seen articles in the press with even more information.

Why am I telling this when you are doing all you can to live as well as you can? Many of us have been following the lifestyle of growing cooking and eating our own food to avoid food waste for many years. My own experience of catering training has instilled how important it is to make lists ahead of time, to shop for meals planned and freeze leftovers for use for another day. Of course, my favourite time of year the Autumn when I squirrel away fruit and veg and make jam and chutneys. Many younger people may not have had this training so we are asking you to do what you can to pass on your knowledge and to help prevent food waste. Share simple recipes, teach others about the benefits of saving food waste. I'm always getting a messenger notice with "Nan how do you cook a ..." . I'm sure that within your WI you can come up with ideas to support stopping food waste. Let us know what worked for you, spread the word. My change for this challenge is joining a Wonky box veg scheme. What fun when we open the box each week!

Thank you for reading

Sandy Brown, Public Affairs Sub Committee

PARKINSONS CHARITY & RESEARCH

Following on from the Annual Council Meeting in March a few of you have been asking for the details of the two ladies who gave the wonderful talk about the research work they are doing for Parkinsons. Their email addresses are:

Sarah Boswell – s.boswell@kent.ac.uk
Jades Fawkes – jlc57@kent.ac.uk

Calling all MEMBERS who like QUIZZES and WALKS

Quiz Walk Around Canterbury.

**Meet in the Beaney House of Art & Knowledge, Best Lane entrance,
18, High Street, Canterbury CT1 2RA at 1.30 pm**

Walk about a mile finishing with a tea/coffee and cake in St Peter's Church Hall



Thursday 14th July at 1.30pm

In teams up to 4 only Cost: £8.00 per person

Complete the form below and send to the Federation Office with payment

Performing Arts, Leisure and Sport Sub-Committee

Contact: Mary Telford metelford@gmail.com or text to 07400188159

.....
Name.....W.I.....

Email Address :..... Contact Tel No:

Stamped and self-addressed envelope & cheque (**written in black ink**) enclosed for
£..... (£8 per person).

USE OF EMAIL ADDRESSES

As some of you may be aware the National Federation of WIs and East Kent Federation will be sending more information out electronically as this is not only cheaper and faster it is better for the environment.

We would like to reassure everyone that email addresses listed on the MCS or held in the Federation Office will not be used by a third party or disclosed to any other members.

June Allan, Federation Secretary

GUILD & GROUP MEETINGS

ASHFORD CRAFT & HOME ECONOMICS GUILD – meetings are held at 2.00pm on the third Monday of the month at the Kennington WI Hall, 228 Faversham Road, Kennington TN24 9AN. The speaker at their May meeting is Rosemary Crippin with a talk Bags, Beads & Embroidered Books. Contact their secretary, Pat Owen-Smith on 01223 630134 for further details.

DOVER CRAFT & HOME ECONOMICS GUILD – meetings are held at 2.00pm on the fourth Wednesday of the month at the Whitfield Village Hall, Sandwich Road, Whitfield, Dover CT16 3LY. The speaker at their May meeting is George Taylor with You've Never Had it S Good – music of the 50s. Contact their secretary, Mary Gardner on 01304 820866 for further details.

SHEPPEY CRAFT & HOME ECONOMICS GUILD – meetings are held at 2.15pm on the fourth Thursday of the month at the Bethel Church Hall, Chapel Street, Minster on Sea ME12 3QF. The speaker at their May meeting is Nicola with Japanese Flower Arranging. Contact their secretary, Val Chatten on 01795 874634 for further details.

ENVIRONMENT & NATURAL HISTORY GROUP - We have a guided visit to Godinton House, together with a cream tea arranged for 8th June. Later in the month we visit Victory Wood to learn about the Trafalgar Woods project, hopefully viewing rare butterflies and bees. July sees us at the White Mill Heritage Centre in Sandwich. We were so sorry to learn of the sudden death of Margaret Beresford of Kennington WI who, together with Robin, was a regular member of our Group. For details of how to join us, please contact: Janet Adamson 01303 893413 , or email: janet.a.adamson@btinternet.com for a full version of our programme.

AUDITIONS EVENT FOR SPEAKERS



Eastry Village Hall, Eastry, Kent CT13 0HE

Wednesday 18th May 2022

Doors open 9.30am

First Speaker at 10am and finish at 1pm

£4 for the morning

Raffle – tea and coffee available on arrival and at coffee time
No pre-booking – just turn up, please note that this is for members only.

This is the way YOU choose the Speakers as recommended in the Handbook. Use your talent spotting skills not just for your WI, but for the WIs across East Kent.

We look forward to seeing you.

*Gill Bull, Speakers' Coordinator
01304 614184 or gill4auditions@gmail.com*

GREAT CHART & GODINTON WI 100TH BIRTHDAY CELEBRATIONS



The members of Great Chart & Godinton Women's Institute recently celebrated the Centenary of Great Chart WI with a tree planting ceremony in Great Chart village and afternoon tea and cakes in the village hall afterwards.

The actual centenary date was in March 2021 but like so many other occasions, the celebrations had to be delayed until this year but finally took place on a recent glorious spring sunny afternoon.

Invited guests for the event included members from all the other WI's in the Kennington group together with the Federation Chairman Carol Evans, Sheila Spiers Vice Chairman Past Federation Chairman Gill Crone and Federation Secretary June Allan. Great Chart & Singleton Parish Council Secretary, Aniko Szocs also attended and grateful thanks were extended to the Parish Council for their sponsorship of the event. All guests were given a gift of a Sunflower brooch that the ladies of Great Chart & Godinton WI had made, to signify not only that the Sunflower has become a WI Calendar Girl's emblem but that the Sunflower is the national flower of Ukraine and in support of the people there.

President of Great Chart & Godinton WI, Janet Goodwin carried out the final planting of the flowering cherry tree, followed by many guests then tying a personal message label to the tree in commemoration of the event and planting daffodil bulbs underneath. It is hoped that the tree will now flourish and grow hopefully well into the next 100 years.

WESTWELL WI 95TH BIRTHDAY CELEBRATIONS

Exciting times for Westwell WI who have been recommended to enter a national competition "Typhlo and Tactus" with their latest tactile book for visually-impaired children.

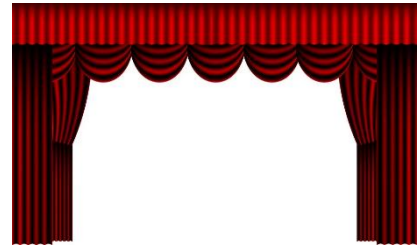


The "Stitch & Natter" group was set up many years ago and to date are on their 6th or 7th book. The completed books are sent to the Charity Clear Vision and the latest one completed "Aunt Mary's Kite", is dedicated to Mary Thiele who suggested the kite but who sadly passed away before the book was completed. This photo shows a few of the group, from left to right they are Pat Warren, Elizabeth Hewitt, Christine Synnott, Pat Guy and Sue Starkings who are busy making the next book. Hopefully they will be successful in this competition, and they should know the results once the judging has taken place in Italy later in the year.

Note from the editor – loving the fact that cake is very much a part of your sewing!!

THE COMPETITION CUP 2022/2023
SPRING COMPETITION

**Closing date for entries to arrive in the Federation Office
is Friday 27th May 2022**



Write a short play not exceeding 1000 words about a meeting between two characters that come from well known fairy stories or nursery rhymes. You might have Dick Whittington meeting Little Miss Muffett or Aladdin meeting Little Red Riding Hood. You get the drift!

You may add in as many other characters as you wish to move the plot along

Send your entry marked Spring Competition to:

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

Only one entry per person.

Please put the total number of words used.

.....

Name..... WI.....

Address.....

.....

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

Signature Date



EAST KENT FEDERATION OF WOMEN'S INSTITUTES

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

Tel: 01227 464106 email: federation.secretary@eastkentfedwi.org.uk Charity No: 219375

WALK and TALK AT SAMPHIRE HOE
DOVER CT17 9FL (follow signs off of A20)

Join us for a walk at the beautiful setting of Samphire Hoe

A 30 hectare nature reserve managed by White Cliffs Countryside Partnership.

There will be a 40 minute talk by the warden about the reserve highlighting the flora & fauna that can be found on the walk

The circular walk is 2km long and whole walk is wheelchair accessible
Car Park is £1 for two hours or £2 all day. Free parking for those with Disabled Badge
There is a kiosk for light refreshments and good clean toilets at the venue

Dogs welcome – please ensure they are kept on a lead at all times

Monday 12th September 2022 at 10:30

£3 PER PERSON

Please fill in the form below and send to the
East Kent Federation Office with your payments by **12th August 2022**

For further information please contact:

Performing Arts, Leisure and Sport Sub-Committee

Contact: Clare Boggia Telephone: 07912038891 Email: boughtongreys@gmail.com

.....
Samphire Hoe Walk and Talk

Name.....W.I.....

Address.....

Contact Tel No: Email address:

SPRING GARDEN DAY, 13TH APRIL 2022

Spring Garden Day returned to Canterbury in April; 205 members attended the event where they had the chance to catch up with friends they may not have seen for a while and enjoyed the variety of stalls on offer.

The day began with a talk on the varieties of Wisteria and how they grow given by Chris Lane the internationally known nurseryman who has various national collections including wisteria and witch-hazel at his nursery in Newington. I had no idea that there were so many different types or variety of colours there are. It was interesting to learn that wisteria can be trained in numerous ways including a standard.

Victoria Golding from Kent Wildlife Trust followed Chris' talk; Vicki's enthusiasm and relaxed style ensured that the audience was fully engaged with her talk on a wildlife garden through the year. Vicki's interesting talk covered a variety of topics which although serious was delivered in an amusing way raising many a chuckle so much so that there was some disappointment when it was time for the lunch break.

After lunch Ellouise Hasler-Stott demonstrated her passion for flowers which have earned her numerous awards including Gold, Best in Show and Chelsea Young Florist of the Year and Young Business Woman at the Kent Women in Business in 2018. Ellouise's beautiful arrangements were received by delighted winners of the flower raffle.

Thanks are given to all those involved in creating a good day out for members. It was good to be back, see you next time.

Elaine Dukes of the Cookery, Garden & Science Sub Committee



Ellouise Hasler-Stott



Victoria Goulding



LITERARY LUNCH, 7TH APRIL 2022

When the lunch was in the planning phase last year we were still in the midst of COVID restrictions and the PALS (Performing Arts, Sport and Leisure) subcommittee wondered if the event would get off the ground as people understandably may think twice about booking such an event. Well, we need not have worried and once the event was publicised tickets sold like hotcakes to our set maximum level, so thank you to all those who booked!

The venue was Godmersham Village Hall, such a lovely clean and airy hall with easy parking, super kitchen facilities and nice clean modern toilets. Spring flowers adorned the tables to add to the ambience of the day! The PALS team with just five members were very grateful to three members of Godmersham and Crundale WI who kindly volunteered to help us on the day, manning the splendid raffle. There was a bring and buy second-hand book stall which was well supported as well.

The two speakers were from very different genres of literature to give the audience variety. The first speaker was the well-known author, Julie Wassmer. Julie was a very animated speaker and spoke of her background in screen writing for programmes such as Family Affairs and East Enders. She also spoke about her Whitstable Pearl detective series of books and the background to them, her writing style and how they now had been bought by a television company and made into a TV series, with rights sold across the world. She also spoke of prospective ideas of subject matter for the amateur detective heroine, Pearl Nolan, in her books, with one idea being the WI! Her next book due to come out in September is based at Mount Ephraim, so anyone visiting there in the interim can perhaps consider what might happen and where!! Julie spent some time signing books after her talk.

Herne Bay Belles members Ann Taylor and Theresa Campbell getting their books signed by Speaker Julie Wassmer.



Lunch followed and judging by the feedback received, everyone enjoyed their homemade soups and the opportunity to sit and chat to old and new friends after so long away from this sort of event. As well as the PALS members, we had a volunteer in the kitchen from both Chartham WI and Graveney & District WI which was much appreciated. A table quiz of famous book anagrams was also completed during the lunch break.

The second speaker was Mary Anne Smith Sellen, a writer, poet, and bookseller. Mary Anne told us about her passion for books since a child and how she got into the book trade in 2004. Mary Anne was a late starter in writing poetry and prose, not starting until later in life and her work has been recognised in both national and international competitions. Her style was very interesting in that she interpreted the people's lives she was writing about.

Mary Ann has kindly agreed to the poem below being reproduced for us here. It is called 'Tinder and Flint', about Vita Sackville-West's relationship with Virginia Woolf. On her writing desk in the tower at Sissinghurst, Vita-Sackville-West always kept a large, framed photograph of Virginia Woolf.

Tinder and flint

(Vita Sackville-West to Virginia Woolf)

Pale as an asphodel, your face still haunts me,
and I am glad. I have you to myself now,
imprisoned here in my tower, in my mind.
Each day I spiral up to greet you.
Your lips betray the suggestion of a smile,
your eyes, as always, never quite meet mine.
The wind keeps tapping on my window,
muttering to itself as it rattles at my door.
It lifts the edges of my pages as I try to write,
and throws stony raindrops up against the glass.
My winter garden has become a ghost of itself.
Roses undress, perennials play dead,
the trees cast long cadaverous shadows.
But summer's heat still lingers in the bricks, warm
memories of dense Ispahan and Maiden's Blush, mingling
their heady scent in the hush of velvet moth-trembling dusks.
What a searing plume it was, sparking off such storms
- tinder and flint, tinder and flint -
garnering rich yields of inspiration, gifting us words.
But some storms fail to clear the air, instead they lay waste.
One autumn, you heard the leaves' soft whisper
become an urgent rasp, and in the small talk of the river
a persistent invitation, offered through the darkness
of your shortening days. And then the vernal waves prevailed.
The hours stopped, the years ended.
Our moment had passed.

©Mary Ann Smith Sellen Published by Grey Hen Press in 2020, in an anthology called 'Of Some Importance: A Celebration. Poems that keep us in mind of women who have left their mark on the world and hold a place in our hearts'

Clare Boggia, member of the Performing Arts, Leisure & Sport Sub Committee

COOKERY CORNER

Smoked salmon & lemon risotto with asparagus

(serves 4, easily halved)

- 2tbsp olive oil
 - 1 onion, peeled & finely chopped
 - 1 garlic clove, peeled & finely chopped
 - 350g/12oz risotto rice
 - 200ml/7fl oz white wine
 - 1 litre/1 3/4 pints chicken or fish stock
 - juice 1/2 - 1 lemon, plus 1tsp zest
 - 50g/2oz creme fraiche
 - 25g/1 oz butter
 - 2tbsp chopped dill
 - 170g/6oz smoked salmon
 - 75g/3oz Parmesan, finely grated
 - 6 asparagus spears, woody ends snapped off & discarded, sliced into 3cm lengths
1. Heat olive oil in saucepan on low heat, add onion & garlic, cover & cook until soft but not browned
 2. Turn down heat, add rice, stir until well coated, about 2 mins
 3. Pour wine into rice mixture, allow to simmer & reduce. Add ladle full of stock & half lemon juice to rice. Stir until almost all stock is absorbed then add another ladleful & keep stirring.
 4. Continue until all stock has been incorporated and rice is creamy & just al dente - no more than 25 mins
 5. Stir in creme fraiche, butter, dill, smoked salmon & 50g Parmesan.
 6. Season with salt & pepper, add more lemon juice if necessary. Remove from heat.
 7. While making the risotto, cook asparagus in boiling salted water for 2-3 mins or until just tender, drain and set aside.
 8. Serve risotto with asparagus, lemon zest, remaining Parmesan and black pepper scattered over the top.

WINNERS OF THE APRIL 200+ CLUB DRAW

1 st	No 2	£26.00	Patricia Dabson of Becket WI
2 nd	No 57	£15.60	Anne Newington of Temple Ewell WI
3 rd	No 3	£10.40	Sheila Woolliscroft of Wingham WI

If you are interested in joining the 200+ club please contact Alison Baker at the Federation Office on assistant.secretary@eastkentfedwi.org.uk

JUST FOR FUN!

1	What three colours make up the German flag?
2	What type of creature is Beatrix Potter's Jeremy Fisher?
3	<i>The Handmaid's Tale</i> is a 1985 novel by which author?
4	What does RAM stand for?
5	What is an Aberdeen Angus?
6	What was the name of Brian Wilde's prison officer in <i>Porridge</i> ?
7	With what industry is Julien MacDonald associated?
8	A charm is a collective noun for which birds?
9	To which Royal house did Queen Victoria belong?
10	The Eustachian tube is between which two parts of the body?
11	What do Americans call crisps?
12	Who was the President of the USA from 1974 to 1977?
13	What is triskaidekaphobia a fear of?
14	Wolfsbane is the alternative name of which wildflower?
15	Which legendary outlaw was a friend of Little John?
16	In gardening for what is a riddle used?
17	Which river flows through Melbourne?
18	The clean and jerk movement is used in which sports discipline?
19	What creature lends its name to farfalle pasta?
20	Blondie's <i>Call Me</i> was used in which 1980 film?

Answers from April 2022's The East Kent News

- | | |
|-------------------------------|-----------------------------|
| 1. The colours of the rainbow | 11. Spa |
| 2. The Mayflower | 12. Lead |
| 3. The Strand | 13. Fish |
| 4. The Mad Hatter | 14. Capricorn |
| 5. Bronski Beat | 15. Amazon |
| 6. Carlisle | 16. Isambard Kingdom Brunel |
| 7. Larkspur | 17. The Salvation Army |
| 8. Decoupage | 18. The George Cross |
| 9. Pointer Sisters | 19. Xanadu |
| 10. 55 | 20. Charlie |

CONTACT INFORMATION

Federation Office

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Email: federation.secretary@eastkentfedwi.org.uk

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