



# WEST KENT WI NEWS

May 2022

## VIEW FROM THE CHAIR



Hello everyone!

I'm hoping that you will all be reading this with a glass of something in hand and in a sunny spot either indoors or outside! The truth maybe very different of course, as I'm writing this it's a cold and rainy April day, which after the wonderful few days we had in March of sunshine and high temperatures feels a bit cruel! The AGM at Tunbridge Wells was a wonderful occasion with great speakers and opportunities to meet up with members once again. It was especially good to see so many of you stop by at our committee tables and see what it is we all do!

I managed to get through the Future Plans despite the 'power point disco!' behind me (a great description from our main speaker Michelle Gordan) and yes, Keeley and I did practice before the meeting but these things do happen and usually to me!

I recently had a fascinating morning with our wonderful Archivists Chris Klempau and Sheila Harris. They took me through the beautiful banners, tablecloths, embroidery samples and scrapbooks that the Federation have collected over the years. Both Chris and Sheila have such a great knowledge and enthusiasm for their role that it's good to know our most precious items are safe in their hands!

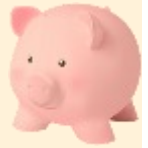
As they left Chris and Sheila gave me 2 copies of 'Home and County' to read- both from 1940. It was interesting to see that there was very much a message of reusing and recycling items brought on by wartime shortages, that isn't too far from our Climate Change message of today. There was also an article on 'Chairmanship' by Margaret Hitchcock Chairman NFWI Organisation Sub Committee in which she writes about the "Little Worries"! I have read it and am taking on board this bit of advice-

*During a busy meeting members grow mentally tired. The wise Chairman will suggest 5 minutes (not more) relaxation. Work will proceed much more quickly afterwards.*

Take care,

Amanda Breach

## Treasurer's Corner



This month has certainly been interesting but quite busy. I believe I am getting to grips with how everything works and hopefully getting it right! Please bear with me. It certainly helps when you have the outgoing Treasurer leaving you notes and giving you guidance.

Working with banks is never easy but I was tremendously surprised with the Bank of Scotland. Not only were they efficient, you could actually speak to a person. They were extremely helpful. There are more to sort out though, so fingers crossed!

It does make me realise how some of you new Treasurer's are feeling. I will certainly be putting on training days for those that need help or find things difficult. I have yet to decide on the dates but will let you all know as soon as possible.

One thing that has come to my attention that certainly causes problems for our bookkeeper Alan, and that is having the treasurer contacts out of date not only on the MCS but with Alan as well. As you may be aware, he sends out invoices quarterly to the addresses he has on file. Recently he has found out that some invoices have been going to the wrong people and is causing problems. It would be extremely helpful if you could make sure the MCS is up to date but also importantly let Alan Whiteley know the contact details for invoices and queries. His email address is [accounts@wkfwi.org.uk](mailto:accounts@wkfwi.org.uk).

If your WI is having trouble recruiting a Treasurer please assure them that as long as they are organised they will be able to do the job. If they are not comfortable using spreadsheets they can use the manual accounts book system instead, that would not be a problem. They could also come on a training day before committing to the role.

Rita King

## MEET YOUR TREASURER

### 60 SECONDS WITH:-

Name: Rita King



**WI and WI Credentials :** President of Lenham WI . Member of West Kent Zoomers.

Trustee and Treasurer of West Kent Federation. One of the Editors of the West Kent News. Also an IFÉ.

#### Hobbies/ Interests

Golf. All different types of craft including quilting, knitting and crochet. Technology. Travel

#### Last Book Read

*The Suffragette's Daughter* by Michelle Salter.

#### Favourite film

*Dirty Dancing*

#### Music choices

Very wide. I especially like Country music

#### Most memorable holiday

They are all memorable. Last one was to Jordan. I am still working through my bucket list!

#### What do you love about the WI?

Friendship, meeting people and learning new skills. Getting to know the people of my village.

**Marmite?** Love it!



## WEST KENT FEDERATION AGM 2022

### RHS WISLEY AND BURSARIES:

The draws took place as follows:

RHS Wisley tickets \*

Winner: St Michaels Tenterden WI

\*Booking to be made under Federation's name

### Individual Winners:

Maureen Evans	Halstead WI
Maxine Keeley	Pratts Bottom WI
Thushara Kasturiratne	South Tonbridge WI
Jane Newsome	Leeds WI

### WI Winners:

Meopham Evening WI

Sutton Valence WI

### MAY 2022 FEDERATION NOTICEBOARD

Please note that the following WIs have suspended:

Chelsfield Afternoon	March 2022
Northfleet Perry Street	March 2022
Hunton	April 2022
Stockbury	April 2022
Paddock Wood WI	April 2022

### List of Speakers 2021/2022

Page 17: Please note that Paul Beard's talk is now 'Barnardo's – A Personal Insight'.

### DATES FOR YOUR DIARY

#### JUNE

Weds 15	Platinum Jubilee Celebrations	Hildenborough
Weds 22	Learn to Play Whist	EHL
Mon 27	Water Sports	Mote Park

#### JULY

Fri 15	Women in Politics	Ryarsh
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#### AUGUST

Sat 6	Town Trail	Rochester
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#### SEPTEMBER

Weds 28	Art & Craft Annual Days	Ditton
Thurs 29	Art & Craft Annual Days	Ditton

#### OCTOBER

Thurs 27	Whist Day	Sutton Valence
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#### DECEMBER

Weds 7	All Saints Church	Maidstone
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All activities subject to any change in Covid restrictions.



GILL BROWN 01732 850571

## RETURN TO MOTE PARK - MONDAY 27 JUNE

Mote Park, Mote Avenue, Maidstone, ME15 7SU

**PADDLE BOARDING INSTRUCTION SESSION 11—12 NOON £14**

**CANOEING INSTRUCTION SESSION 1—2PM £14**

Once again, you are being invited to join in with the fun and games of Water Sports at Mote Park. Stuart and his qualified and insured instructors will guide everyone through how to firstly get on the paddle board, everyone started by kneeling and then were able to stand up. The water is only shallow so your paddle is an ideal prop, Everyone was paddle boarding efficiently by the end of their session.



If you feel that you remember everything and do not require the group tuition then we can arrange for the hire of a board for half an hour at £11.50 or £18.00 for an hour and you can travel where you wish on the lake.

For this Federation visit the Canoe sessions are only offered under

instruction. Buoyancy aids are available for anyone to use. The lake is river fed and mainly two-three feet deep at its deepest. Footwear, shoes with a closed toe, old trainers are ideal. A change of clothes and a towel—just in case! Although last year was a windy day the practice sessions take part in a sheltered place. Stuart said that only thunder and lightening would stop an event going on.



If you would like to join in but do not feel up to the above activities, well, be an independent sailor and come along with a few friends and hire a Swan pedalo— you pay for these on the day they can seat 4 adults £15 for half an hour or £20 for an hour.

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Mote Park, Mote Avenue, Maidstone, ME15 7SU

**PADDLE BOARDING INSTRUCTION SESSION 11—12 NOON £14.00**

**CANOEING INSTRUCTION SESSION 1—2PM £14.00**

**PADDLEBOARD HIRE ONLY : Half an hour £11.50 - Full hour £18.00**

CONTACT NAME..... WI.....

Email:.....Phone Number.....

Address.....

Paddleboard instruction.....Paddleboard hire.....half hour.....one hour Canoe Instruction.....

To Apply Email to [pals@wkfwi.org.uk](mailto:pals@wkfwi.org.uk) Phone 01474 834163

Post: Linda Wills, 31 Castlefields, Istead Rise, DA13 9EJ. Please enclose a stamped addressed envelope

Your WI will be invoiced on the monthly account for the number of tickets issued

Closing date Friday 27 May

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GILL BROWN 01732 850571 pals@wkfwi.org.uk

## FUN ORIENTEERING PHOTO TRAIL IN ROCHESTER

Saturday 6 August

Start at The Side Hall, Rochester Baptist Church, Crow Lane ME1 1RF

Arrive between 10.15 am and 12:15 pm for your own start time.

Open to members, their families, and friends

Cost £7.50 Under 12's £3.50 including hot/cold drinks and homemade cake after the walk.

Whether you are a power walker or a stroller you can have fun on this walk around Rochester choosing your own route to visit as many of the 20 locations which are marked on your map. At the marked location look at a sheet of 25 photos taken in the town and match one photo to the location. One point for every correct photo but 1 point deducted for every five minutes late back! Time limit of 2 hours.

The hall is wheelchair and pushchair friendly People taking part do so at their own risk. Closing Date Friday 8 July

### APPLICATION BOX

Performing Arts, Sports, and Leisure

### ORIENTEERING WALK

Saturday 6 August. Start times between:

10.15 am and 10:45 am    10:45 am and 11:15 am    11:15 am and 11:45 am    11:45 am and 12:15 pm

The Side Hall, Baptist Church, Rochester ME1 1RF

Tickets £7.50 including refreshments (under 12's £3.50)

WI.....Contact name.....

Address.....

Tel No.....Email:.....

No. of tickets req.....10:15am-10:45am    No. of tickets req.....10:45am-11:15am

No. of tickets req.....11:15am-11:45am    No. of tickets req.....11:45 am-12:15pm

Apply to Mrs Heather Brown    Tel No 01634 861348  
Berwyn 152 Kingswood Road Kits Coty Aylesford ME20 7EL

Closing date 8 July

PLEASE ENCLOSE A STAMPED ADDRESSED ENVELOPE

Your WI will be invoiced on the monthly account for the number of tickets supplied



**Matfield W.I.** played at home a knock out match on Thursday 31 March against Downe WI The result was Matfield 2 Downe 1. It was a very enjoyable relaxing afternoon with a cup of tea and cakes to follow. So nice to

meet another WI.

Amanda Everett

Captain Matfield Flights.





## Green Team

greenteam@wkwfwi.org.uk

GREENPEACE . EVERYDAY PLASTIC

# THE BIG PLASTIC COUNT 16-22 MAY



**The Big Plastic Count** is a major national campaign in partnership with Green Peace, taking place from 16–22 May this year. This will be the biggest ever investigation into household plastic waste. To take part, go to <https://thebigplasticcount.com/sign-up> which will tell you how to take part in this nationwide campaign.

Through **The Big Plastic Count**, thousands of people will be mobilised to count their plastic for just the week of 16 to 22 May. This will include schools, community groups, businesses and individuals so the WI doesn't want to be left out. Evidence will be gathered as to how much plastic we are really throwing away and what happens to it.

The aim is to show the government that it's time to commit to reducing single use plastic by 50% by 2025 by switching to re-usable options that work for everyone .... AND to ban sending our plastic waste to other countries.

Thank you for your support. Please sign up and let's get counting!

## REPORT OF A RECENT EVENT

### SINGING DAY

Once all the ladies managed to get past a delivery lorry, blocking the way to the Hadlow Hall, we were ready to begin our singing day led by Michael Grant, musical director.

After warm-up exercises and a session to decide whether the singers were sopranos or altos the singing began.

The first song, *I Know Him So Well* proved very popular as most of us knew it but by the end of the five songs learnt during the day, we were singing songs that we had not known.



The final song was *Seasons of Love* which had some tricky harmonies, but these were managed.

Naturally we had to finish the day with *Jerusalem*, the volume achieved, with warmed up voices nearly took the roof off.

We hope to run one of these days again soon as we all enjoyed being with so many ladies enjoying themselves





## “Women in Politics Day”

**Friday 15 July from 10.30am to 3.30pm**

**at Ryarsh Village Hall**

**Birling Road, Ryarsh, West Malling, ME19 5LS**

Our Headline speaker will be **Tracey Crouch MP.**



**Tracey Crouch** has been MP for Chatham and Aylesford since 2010.

She has been the Minister for Sport and Civil Society, the first Conservative Minister to take maternity leave and publicly see her way through a breast cancer diagnosis, chemotherapy and a full recovery.

Other speakers will include the outgoing Mayors of local Boroughs, Borough and Parish Councillors. There will be no discussion on party politics. We want to find out what it means to be a woman in politics. Are there some aspects that prove difficult and in which way can the women make a positive difference to discussions and decisions made.

Tickets will cost £10, including hot drinks and biscuits (if possible bring your own mug) but please bring your own packed lunch. This is a members only event. The closing date for applications is Monday 4 July.

### WOMEN IN POLITICS DAY

**Friday 15 July from 10.30am to 3.30pm at Ryarsh Village Hall, Birling Road, Ryarsh,  
West Malling, ME19 5LS. Doors open at 10am.**

WI..... Contact Name.....

Address incl. Postcode.....

Tel.no.....Email.....

Tickets cost £10      No of tickets required: .....

Apply to Mrs Sue Boner, 311 Westmount Road, London SE9 1NR, tel: 0208 8569536

Please include a suitably sized Stamped Addressed Envelope with your ticket application.

Applications can be made by email directly to Sue Boner at [sh.bon@hotmail.co.uk](mailto:sh.bon@hotmail.co.uk)

but then you will be charged an extra £1 for the postage of the tickets.

Closing date for applications is Monday 4 July.

Your WI will be invoiced on the monthly account for the tickets.

## WEST KENT ZOOMERS



Easter Monday 18 April was the formation meeting of the Virtual West Kent WI, named the West Kent Zoomers.

44 people attended the first meeting that was chaired by WI Advisor and Trustee Carol Gupwell. Members not only came from across the country but also from France and Australia.

A lot of work had gone on over the last year both behind the scenes and also in running weekly coffee mornings, tea and tiffin plus a short mindful 10 minutes each week.

Nine committee members were voted in and Lucy Marshall was voted in as the first President. Lucy is also an assistant to the Board of Trustees.

All participants were asked to wear an Easter hat and you can see by the screenshots that many of the members rose to the challenge. We look forward to the year to come.



## How to stay safe online

A very informative Zoom presentation by Aimee Payne, Kent Police Cyber Protect and Prevention officer was held on 22 April. Her message was that technology is not scary, there is a lot of information online, but it is not all accurate. Cybercrime is low risk for criminals but has a high reward as they can commit multiple offences at one time without being on scene at risk of being caught. Eighty percent of cybercrime is preventable by basic measures and awareness which can protect against fraud identity theft and virus spread.

Her first tip was to suggest everyone should 'google' their own name to find what information is already available online. Secondly check privacy settings on every device and Facebook. So many people give out information appropriate to security questions on Facebook such as birthdays, school, relations, or pets.

We were reminded to always be suspicious, be wary who we accept invitations from and not to take anything at face value. Nothing in life is free so a company offering free holidays, hampers etc with one click can obtain a lot of personal details, for security on Facebook there is a safety tick on genuine registered companies. In security on Facebook make sure your posts are for friends only, hide your friends list and turn off location settings. It is advised that you remove yourself from the public electoral roll and the 192phone book.

Any phishing emails should not be opened but moved to a spam folder and deleted making sure not to open any attachments. If possible, use separate email addresses for banking and other messages and use different passwords for each company or website. Do not use public wi-fi to make purchases, use 3G or 4G which is encrypted. Turn off your wi-fi when not in use.

Check that your operating systems are running the latest version and update software regularly, update firewalls, anti-spyware, and antivirus protection. Never allow cold callers access to your computer or download apps from your app store. Remember legitimate companies do not cold call, never call them back!

Further information and advice are available from [www.cyberaware.com](http://www.cyberaware.com), [www.ncsc.gov.uk](http://www.ncsc.gov.uk)

and [getsafeonline.org](http://getsafeonline.org)

**To report fraud or cybercrime call 03001232040**

## The 2019 Federation Darts Tournament is nearly finished!

The Matfield Flights, The Petts wood Spitfires, The Catford Sweetpeas and The Catford Furballs will play the semi/finals on Friday 24 June at Istead Rise Memorial Hall.

Please, email [pals@wkfwi.org.uk](mailto:pals@wkfwi.org.uk) if you are interested in a 2022/23 Darts Tournament



## NFWI RESOLUTION 2022

Friday Evening (29 April) at Five Wents Hall, Hextable saw 50 WI ladies listening intently to Alison Long of Honor Oak WI, proposer of this year's Resolution ASD and ADHD and to experts working with those living with ASD and ADHD.

### ASD – Autistic Spectrum Disorder

### ADHD – Attention Deficit Hyperactive Disorder.

Alison explained her journey from childhood to the present day - how she had felt different and unloved. She explained how all her life she was adapting to what others wanted her to be and not knowing why. She spoke bravely and honestly about all aspects of her life and said what a huge relief it was when she finally was diagnosed with Autism - her words *"so I'm not bad or mad"*. Thank you Alison for sharing your story.

Stephanie Withers and Sarah Wood from the Bromley Special Needs Advisory Team gave an overview of what Autism in girls looks like. Girls often mask their difficulties trying to fit in with their peers. Girls and women are typically diagnosed later in life when other issues arise. Until recently Autism was thought to be a male disorder. Males are 3x more likely to be diagnosed than girls.

ADHD is one of the most commonly diagnosed disorders in children.

As the evening went on WI members gave their account of friends and family members who have struggled to get diagnosed and the effect this had on all involved. It was clear that the ladies who attended wanted to cascade to their members the importance of this resolution. Alison closed by urging us all to get behind this resolution so more funding could be made available.

Thanks to PA&I for organising the evening.

Carol Gupwell

Chair of Advisers



### ACWW - WOMEN WALK THE WORLD—29 APRIL

**Istead Rise WI** members plus one husband and Eric the dog enjoyed a fund raising walk through the woods at Trosley Country Park. The bluebells, despite the lack of rain, were in full colour and perfume. The Country Park does offer a Woodland Orchestra opportunity, and a chance to marvel at the skills of the wood carving at Wood Henge plus plenty of interactive activities for younger family members. The café for coffee at the end of the walk was much appreciated. Please send in your walk photos and write ups for the June WKN.



## ART AND CRAFT

Paula Bates 01892 327863

**Watercolour Workshops:** Would members attending please remember to bring a pencil, eraser, water container and kitchen roll, as well as your packed lunch and a cup for your coffee or tea.

Please let me know as soon as possible if you are unable to attend for any reason as there may be someone who could take your ticket at the last minute, otherwise unfortunately we will have to charge you for the ticket.

Paula Bates





## OBITUARIES

The members of **Boughton Monchelsea WI** were very sorry to learn of the death of their dear friend **DIANE**

**JONES.** Diane joined the WI in 1978 and was on the committee for many years serving as President for a number of those years. She was an amazing cook, well known for her sausage plait for the harvest suppers. A popular hostess, Diane held many August meetings in her beautiful garden for the members. She was a skilled crafts lady and taught the members different crafts including calligraphy. Although unable to attend meetings in the latter years due to her ill health she will be sorely missed and the members wish to express their deepest condolences to her family.

**Lenham WI** members were saddened by the death of **IVY AMBROSE**, Ivy Joined Lenham WI in 1951 and was a member for 70 years before being unable to attend meetings. She was a Past President and a very active committee member for many years. She will be greatly missed but remembered fondly. Our condolences to her family.

**Crockham Hill WI** regrets to announce the untimely death from cancer of **SUE STAFFORD**, a member for 25 years. She was always very helpful and cheerful and brightened everyone's lives. We will miss her.

**Horsmonden Morning WI** have sadly lost three members in recent months. **BETTY LINES**, one of the village knitters, and **QUEENIE BRETT**, who we believe was a member of the original WI that closed in 1989, have both passed away. In September 2022, we published a photo in WKN of **EILEEN COLLETT** on her 100<sup>th</sup> Birthday. Eileen passed away peacefully at 101. This wonderful lady was one of the founders of the new Horsmonden Morning WI that was set up on 2008, when she was a mere 88 years old!

**Welling WI** is sad to report the death of **PAT BUGGY** who passed away recently,

**Hollingbourne WI** sadly announces the death of **JOYCE WALKER** – a long standing and very active committee member. She wholeheartedly embraced 'everything WI' and brought her organising skills, sports expertise and capacity for hard work to every aspect of WI life: darts, boules, shooting, catering, raffles, £1 Pavilion..... She will be missed enormously by all her friends and members.

It is with great sadness that **Petts Wood Evening WI** has to report the loss of two of our members. **HILARY PEPPER** died on the 6 April and **SHEILA STANSFIELD** died on the 9 April. They were both keen members of our WI and will be sadly missed.



**Istead Rise WI** sends best wishes and congratulations to **BRENDA and COLIN MARSHALL** on celebrating their Diamond Wedding Anniversary on the 19 May.

Our speaker, Melanie Gibson Barton cancelled her date with us due to contracting Covid. Contacting all our members, they still brought in their 'Bears'. We heard lovely personal stories attached to many. Hopefully they will all return alongside Melanie. Brigitte Watkins

**President St Michaels WI.**



## WHO TO CONTACT

### CHAIR:

Amanda Breach  
Email: [chair@wkwfi.org.uk](mailto:chair@wkwfi.org.uk)  
Tel: 01892 823813

### FEDERATION TREASURER:

Rita King  
Email: [treasurer@wkwfi.org.uk](mailto:treasurer@wkwfi.org.uk)  
01892 354454 Weds or Thurs

### CHAIRMAN OF WI

### ADVISERS:

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Tel No: 01622 676600  
Email: [carolagupwell156@hotmail.com](mailto:carolagupwell156@hotmail.com)

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### EXAMINER

**ADMINISTRATOR:** Gillian Neville

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### RESOLUTION COORDINATOR:

Caroline Davis Email: [daviscawkf@gmail.com](mailto:daviscawkf@gmail.com)  
**ACWW: To be advised**

### KENT VOLUNTARY EMERGENCY GROUP:

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### ARTICLES—YOUR EVENT

Articles, your events Please no more than 150 words and two photographs. Congratulations and Obituaries (no more than 40 words) . If possible email direct to [westkentnews@wkwfi.org.uk](mailto:westkentnews@wkwfi.org.uk) If not please post to our Ethel Hunt Lodge address see top of page two.