

WEST KENT WINEWS

June 2021





WEST KENT FEDERATION OF WOMEN'S INSTITUTES

(Registered Charity No 1188341)

Federation Chairman: Jane Backshall Federation Secretary: Miriam McGovern

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CHAIRMAN'S LETTER



Hello Ladies,

Well by the time you read this we will be able to meet up in open spaces! In fact,

yesterday I attended the first Federation event for over a year in person. A walk around the footpaths near Hopehill Scout Camp in Meopham. It was great to see Ladies out enjoying the day even though it rained.

NOW I HAVE SOME BREAKING NEWS we have booked our main speaker for 21 MARCH 2022!

NICK HALL from Bentley Auctioneers at Cranbrook, I am sure many of you have seen him on the Antiques Road Show and Bargain Hunt. I do hope YOU will be able to come to Tunbridge Wells to see him.

Have you seen our new look Website - just google West Kent Federation and have a look. Not forgetting the West Kent News. I loved the cover last month.

Are you hoping to go away in the Summer? If not, West Kent are putting on some outdoor activities, watch out in the West Kent News and in the Mail Boxes for information.

Finally, on behalf of the Federation, I wish to say Happy Birthday to our Queen Elizabeth II on her official birthday 12 June.

I am looking forward to seeing some of you at the events planned for this summer.

Jane Backshall

FEDERATION MAY TIME WALK

Celia, Michael, and Gill with dog Monty arrived at the Hopehill Scout Campsite, to join the WI May-Time Walk and Fun Quiz on 18 May. We signed in and were given, a map, quiz sheet and instructions and started on the two-mile walk. Altogether 61 members walked, many doing the five miles. Following muddy paths, seeing wild-flowers, and going down steep steps and through gates. Looking for clues, we greeted other members and reached Meopham Green. With its view of the windmill and cricket ground, while searching for names, we met members on the alternative fivemile walk. Then we headed back, passed cottages and fields, when the rain came. Despite a shower we had enjoyed the walk and thanked the ladies in Gill Seager, Fairfield (Dartford) WI charge.

Treasurer's

Corner



I have been asked whether WIs can still give their own bursaries (I assume because most were for Denman) and if so whether they should use the Federation Criteria as the "rules' for use of the Bursary.

The answer to the first question is yes, WIs are still able to award bursaries although of course members will need to look elsewhere to find a course.

Using the Federation criteria is entirely up to you. You can use all of them, some or choose your own. The Federation criteria are:

- The bursary can cover local, residential, or online courses.
- The winner has two years to take up the bursary.
- If the course chosen costs over the bursary amount (For Federation this is £200 per bursary) this must be met by the member, although the Federation does pay travel expenses at the Federation rate of 40p per mile up to a maximum of £25.

However, there is no leeway in that any course chosen must meet WI Objects, which are as follows, and as you can see are pretty wide ranging, therefore finding a course shouldn't present any great difficulties.

To advance the education of women and girls for the public benefit in all areas including (without limitation):

- Local, national, and international issues of political and social importance.
- Music, drama, and other cultural subjects.
- All branches of agriculture, crafts, home economics, science, health, and social welfare.

To **promote sustainable development for the public benefit** by:

- Educating people in the preservation, conservation and protection of the environment and the prudent use of natural resources.
- Promoting sustainable means of achieving economic growth and regeneration.
- To advance health for the public benefit, and to advance citizenship for the public benefit by the promotion of civic responsibility and volunteering.

Away from bursaries another query that has arisen is when a WI decides to pay for Federation events out of its funds does this constitute Acting as Agent. No, it doesn't, acting as agent only applies when the WI is taking payment on behalf of the member and passing it on to Federation/National.

Payments made direct by the WI because they have decided to pay for members tickets for example to the Annual Council Meeting are not acting as agent. I would enter such payments on the spreadsheet under activities and events.

Gillian Neville



Green Team

greenteam@wkfwi.org.uk

THE GREEN GUIDE TO DEALING WITH GARDEN PESTS.

What we think of as pests in the garden are all part our ecosystem and many are important sources of food for birds and other wildlife.

Slugs and snails are on the menu for frogs, toads, hedgehogs, slow-worms and ground beetles plus birds including thrushes and blackbirds. Encouraging these into the garden will help control slugs and snails but here are some steps you can take:

- Torchlight searches on mild damp evenings, hand-picking slugs and snails into a container.
- Traps, such as scooped out half orange, grapefruit or melon skins, can be laid cut side down.
- Beer traps placed near vulnerable plants. Check these every morning as beneficial beetles can fall into them and need rescuing.
- Strongly smelling plants like lavender and rosemary or hairy stemmed plants such as cranesbill and borage are less likely to be an appealing feast, so try planting these around plants you want to protect.
- Try a garlic drench every week on susceptible plants such as Hosta.

Aphids including greenfly and blackfly are another gardener's plight but are important food source for ladybirds, hoverflies, and lacewings and birds such as house sparrows and blue tits.

Quick action is best so check your plants often for early outbreaks and deal with them by:

- Washing off aphids with a jet of water from a hose.
- Hand-squashing small infestations.
- Removing and destroying the parts of the plants where they are present.
- Companion planting can be quite successful in warding off aphids. Some to try are:
- The strong scent of Artemisia absinthium (Wormwood), deters aphids and flea beetles from attacking neighbouring plants.
- Nasturtiums grown alongside beans acts as a sacrificial crop, luring aphids away.
- Grow garlic in amongst your roses to acts as a fungicide and deterrent to aphids.

CLOSING DATE REMINDERS

Lady Denman Cup Competition.

Friday 30 July.

See March WKN or your copy of WI Life.

Huxley Cup Friday 27 August.

See April WKN or your copy of WI Life.



SOUTH PARK WI,

Twelve members of South Park Craft Group have either rekindled their embroidery skills or learnt from scratch producing flowers which have been arranged to make our very own greeting card! We

all agreed we'd be very pleased to receive one!! Sue Lambert

FEDERATION NOTICE BOARD

List of Speakers

Pages 25, 36 and 58:

Mrs Katharine Collett is now offering her talks on

Zoom.

Email: kecsoprano@aol.com

Tel No: 07900 884097

Page 24:

Paul Beard is now a speaker for Cancer Research UK.

Email: Paul.Beard@cancer.org.uk

Tel No: 020 3469 5534.

Page 40:

Ian Porter has moved out of the area. Any face to face talks in Kent booked for later in 2021 and in 2022 will be honoured and Ian is still available for Zoom talks.

Email: ianski2010@yahoo.co.uk

New Tel No: 01256 819349 / 07849 759012.

OCT Ditton DATES FOR YOUR DIARY Thur 7 Art & Craft Annual Day NOV Tues 2 Annual Whist Day Rvarsh Tues 6 JULY **Paddle Boarding** Mote Park NOV Thurs 4 **Annual Whist Day** Lenham AUG Tues 3 Horton Kirby **Beginners Bowls** All activities subject to any change in Covid restrictions. **SEPT** Tues 21 Home Economics Annual Day Ditton SEPT Weds 22 Home Economics Annual Day Ditton OCT Weds 6 Art & Craft Annual Day Ditton

PUBLIC AFFAIRS & INTERNATIONAL



Caroline Davis—01892 725571

REPORT OF A RECENT EVENT. TIME TO 'TARGET OVARIAN CANCER'

'There is a crisis of awareness about Ovarian Cancer that needs to be addressed,' was the message from Ryan Stalley of Target Ovarian Cancer to sixty four ladies from the WIs of West Kent on a Zoom call on Thursday 22 April. I have tried to outline below the salient points of his very interesting and thought provoking talk.

There is, at present no screening programme but there are **certain symptoms of which we need to be mindful.**These include persistent bloating; always feeling full; pelvic or abdominal pain and needing to wee more often. If any of these symptoms occur on more than twelve occasions per month, they are regarded as 'persistent' and should never be ignored.

Over 80% of cases occur in women over the age of fifty, although there have been more than a thousand cases in younger women. Ovarian cancer may be a hereditary disease in some families and can be passed through the maternal or paternal line; accordingly your family history is a really important step along the road to catching the disease in good time.

The test for ovarian cancer is a simple blood test called a CA125; this can be carried out by your GP. Depending on the results of this, your GP may recommend an ultrasound of your tummy and ovaries.

As with all cancer, the earlier it is detected, the greater the chance of successful treatment and survival. As with many of the 'smaller' cancers, funding into research is crucial and, currently is sadly lacking. We, as the WI, can support those affected by ovarian cancer by raising awareness (spreading the word and 'making a noise'!) and raising funds.

Following Ryan's talk, we were introduced to Vicky and Simon Parker. Simon lost his mother to Ovarian Cancer in 2016. Marian was only 67 and survived just eighteen months from her diagnosis. In 2017 Simon set out with his three brothers to cycle '1000 miles for Marian', from Land's End to John O'Groats. They achieved this in twelve days (five in England and seven in Scotland!) and raised over £35,000 for the charity. Simon and Vicky's story was very moving but, like so many others whose lives have been affected by cancer, they showed how it is possible to achieve something positive from such personal tragedy.

While we might not be able to cycle 1000 miles, we can certainly play our own part in raising awareness of Ovarian Cancer by supporting the WI Ovarian Cancer Resolution. Our thanks are due, not only to Ryan, Vicky and Simon but also to Caroline Davis and the PA&I Sub-Committee for arranging the talk and to everyone who supported it.

Rachel Fagg—Highgate Hawkhurst WI

Following our successful Zoom meeting on the Resolution on Ovarian Cancer, we can now offer a link to the **video made of the talk** by Ryan Stanley of Target Ovarian Cancer and Vicky and Simon Parker who have been involved in campaigning since Simon's mother passed away from Ovarian Cancer. Vicky Parker says she would be happy to speak to WIs about the subject. Please contact Carol Gupwell (<u>carolagupwell156@hotmail.com</u>) to receive the link to the video and/or contact details for Vicky Parker.

On going to press, we have over 93 members signed up for the Weather talk on 25 May.

MAILBOX SYSTEM

The West Kent Federation set up the Mailbox system a few years ago but it was only when the Covid Pandemic hit us all, that we realised how much we needed the Mailbox to work efficiently. During last summer, the Trustees telephoned every WI to check if they were able to use the Mailboxes, whether they needed help setting up or whether they did not have the capacity to use the system. At that point less that 50% of our WIs were OK with the Mailbox!

Thanks to a great effort by the WIs, the Ethel Hunt Lodge staff and the Trustees, we could claim by the end of the year that all but eleven of the 170 WIs were signed up and receiving the mail. We are now able to send out information as soon as we receive it. Apart from the eleven, we are not sending out any End of Month Posting. This has saved both Federation finances and the world's resources of paper.

We will not forsake those eleven WIs who still need End of Month Posting but for them the information is not so up to date as we will be posting but once a month. However, if you are one of these eleven and your circumstances change and you would like to sign up for the Mailbox, please do contact Ethel Hunt Lodge who will help you.

Now that we are up and running, there are a few tweaks to the system that can bring improvement. To enable the mailbox articles to be up to date, we would recommend that WIs **open their mailboxes twice a week.** It is advisable that more than one member opens the Mailbox. We suggest that the **President, Secretary and Treasurer should be signed up**. If you need help sharing the passwords etc, please email fedsec@wkfwi.org.uk and give Miriam and Keely a contact email address or phone number so they can get back to you. Please don't all phone them on reading this article!

Finally **WELL DONE** ladies for taking on board this Mailbox system and making it work. Caroline Davis

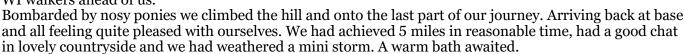
GILL BROWN 01732 850571

REPORT OF RECENT EVENT - FEDERATION MAY TIME WALK by Sue Webb of Harvel WI

Equipped with drinks, lunch, all weather gear, and the all-important mobile phone, we signed in and collected the directions, map, and a quiz for the walk and off we set.

Through the bluebell woods along the bye way arriving at Meopham Green and picking up the clue to the next footpath. Crossing the field gave us additional time to talk about family, friends, and forth-coming plans. We stopped to admire the views and to take a deep breath of fresh air. We saw other folk's fabulous houses the sun was shining we didn't have a care in the world! Famous last words, about half a mile further along the sky started to leak, the torrential rain was followed by hailstones.

Brave and determined we moved on crossing Chapmans Hill and back into the sheep fields above Dean Lane. Emerging from the woods we saw about 15 other WI walkers ahead of us.



We would like to thank everyone involved in the organisation of the walk. We really enjoyed it Thank you. Harvel WI Members—Dawn Foxwell, Sally Smith, Jean Gunn and Sue Webb

Please check out WKFWI Website and Facebook Page for Sue's full entertaining report.



TASTER AFTERNOON FOR BEGINNER BOWLS

Tuesday 3 August

At Horton Kirby Bowling Club, Horton Road, South Darenth DA4 9AX

1.45pm for 2pm start. Members only £8.00 (includes a cream tea).

Have you ever thought that you might like to join a local bowling club but was unsure, of the way the game was played, whether you might enjoy it or not? Well, this is your opportunity, without being embarrassed, to be gently coached and advised on the rules of the game.

You and your fellow WI members will be welcomed with a hot beverage and will listen to a brief outline about the game of bowling. Club members will loan bowls, at no charge, for you to use. Then divided into groups of six, each with a bowls club member as a guide to assist, play will commence. If more than 36 members apply then the group would be split into two sessions of about an hour long. Depending on how things progress a small match could be played to finish off the afternoon.

What to wear? Anything that you are comfortable in, bearing in mind that there will be some bending and stretching involved, Footwear? Flat soled shoes only please. There is also a bar on site where you can purchase various soft and alcoholic drinks at reasonable prices.

This is for beginners only, perhaps next year we can run an event for experienced bowlers to enjoy, this year's beginner will be next year's player!

Please apply to Shirley Ellis, by email if possible, by Monday 12 July. If not please supply a sae—thank you.

TASTER AFTERNOON FOR BEGINNER BOWLS

Closing Date Monday 12 July

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

Address: 17 Cranford Road, Tonbridge, TN10 4HL

ART AND CRAFT



Paula Bates 01892 327863

ISOLATION CREATIONS







Paula painted these delightful water colours during live virtual workshops with the artist Matthew Palmer.

Art & Craft Competition Design a Christmas Card for the Federation for 2021

Following the success of the 2020 West Kent Federation Christmas Card Competition, we would like you to design another one for us to use in 2021. The winning designs will be chosen by the Trustees and will be professionally printed.

Your artwork can be in any media, painted, drawn, stitched, etc but must be original, entirely hand made, and suitable for reproduction, no computer art

will be considered. The size of the card to be 5" x 7" or 12.5 cm by 17.5 cm in portrait or landscape format.

To enter in the first place, please send a jpeg photograph of your card design in medium resolution to the Art & Craft Committee at: ArtCraft@wkfwi.org.uk Giving the details of how the work was made along with your name and the name of your WI by the closing date of Friday 30 July. We will ask you to send us the original work, of those short listed, for further consideration.

Original artwork from 2020 is still being carefully looked after and we hope to be able to display it at a future Federation event, as we will with entries from this year. Artwork will be returned to you, but copyright in the winning designs will remain with the Federation.

Paula Bates



GILL BROWN 01732 850571

FEDERATION DARTS TOURNAMENT 2021/2022



We thank the teams that were waiting patiently to finally finish the 2019/20 tournament. However, the PALS committee decided that as Covid restrictions had progressed the best decision was in fact to call a halt to that tournament and issue a new challenge to our WI Darts Teams. The £8 per team fee paid will be carried forward to a new tournament so that those who entered for 2019/20 will not be asked to pay again.

As this is being written at the end of April we can only hope that the plans for reducing restrictions will go ahead. Hopefully, the tournament this year will start from 1 September. You are invited to register your teams, of up to six players, as only four compete in each match this gives you two reserves. The named team members can only play for one WI and if your WI puts up two teams then you will require two sets of six names.

Please give the details as per the application box and include the name of the Captain and the other five team members. **Most important** please give the Captain's phone contact details and if possible, email address. If you are applying by email – then the tournament information will be returned by email unless a s.a.e. is also supplied.

In the 1st round you are put into areas depending on the number of entries, of four or five teams. You are representing your WI, not your Group, but we try and make sure that the earlier first round matches do not mean an excess of travel, our Federation covers a very large area!

If you want to be known by a team name, especially if you are entering more than one team, that would be great. Please return your applications and all details by 30 July and we can send out the information for play, in the first round, to commence hopefully by 1 September and matches to be played by end of December 2021.

Entry Fee for each team £8 (Only applies to teams not entered for 2019/20)
WIContact Name
Address
Tel. No Email address
Number of teams entered—contact details for Captain and team member's names Apply To: Mrs. Linda Wills Tel 01474 834163 lindagwills2@tiscali.co.uk
31, Castlefields, Istead Rise, Gravesend, Kent, DA13 9EJ
Please forward a DL size stamped addressed envelope – unless you wish all information to be emailed.
CLOSING DATE Friday 30 July
For new entries your WI will be invoiced on the monthly account for the number of Teams entered.

WI VIRTUAL WALKING NETBALL SESSIONS

If you would like to join us for some virtual Walking Netball, please contact Nicole at <u>WINetball@englandnetball.co.uk</u>.

The virtual sessions takes place weekly on Zoom every **Thursday morning at 10.30am**. These sessions are hosted by EN coaches and are currently focusing on each of the netball playing positions which is good preparation for our return to an actual netball game.

PRATTS BOTTOM WI ART GROUP





























Pratts Bottom WI Art Group normally meet once a month but during the first Lockdown we kept in touch by meeting on the Village Green, and in the local pub working outside in the pub garden. Finally holding monthly meetings on Zoom. I set various projects to keep the interest going, we studied the "life and death of a daffodil" by working in sketchbooks using a variety of media, looked at a favourite artist or a painting, views through a window, had fun doodling designs of buildings and then flowers, played around with paint and clingfilm and recently designed a hat

using anything they could find at home.

The group has 17 members plus myself who leads the group, everybody is very supportive of each other and we hopefully will get back to meeting in our hall very soon.

Maxine Keeble, Pratts Bottom WI.

I SAT ON THIS BENCH WATCHING CRICKET

My husband, Steve, realised he was sitting on Matfield WI 's new Centenary bench, watching cricket and enjoying his lunch.

Gillian Neville



HADLOW HIGHLIGHTS

Keeping fit is the name of the game for Hadlow ladies! Our April members meeting saw us showing off our 'moves', when Sharon Millar from Paracise (a low impact exercise done to music) came and gave us a Paracise demonstration via Zoom. This was followed on Friday 23 April with a themed St Georges Day quiz, which featured not only George and dragon questions but a real life dragon no less! Shirley Ellis—Committee Member



REPORT OF A RECENT EVENT

West Kent Federation Art and Craft Sub-Committee hosted a Zoom meeting on Thursday 29 April, 49 members joined to watch the talk, by Jackie Somerfield, on Journaling.

We were asked to mute our speakers during the talk as Jackie has had experience of interruptions during her Zoom time of dogs barking, baby's crying, phones ringing, unruly teenagers and on one occasion a marital argument! Barbara Bickell welcomed us and introduced Jackie, who explained the Zoom meeting would be approximately one hour long to include questions at the end. Jackie has been journaling since 2005 and she has completed 35 journals. Her talk is aimed at people who can't necessarily paint or draw. Jackie gave a brief account of how she started journaling and then gave us wonderful ideas for our own journals. She suggested notebooks from a stationer, useful items to prepare the journal and then to 'draw the day' using items that recorded annual celebrations, meals out, holidays, outings, everyday happenings, family visits, birthdays, and anniversaries. We could also record historical events - she had recorded lockdowns and living in a tier three area. We were shown examples from her journals and given design tips and ideas for useful items to purchase to help make the journals works of art and something that our children would cherish. The hour sped by and left us inspired to start our own journals - although I do wish I hadn't been quite so zealous with my drawer tidying and cupboard clearing over the lockdown but it's a good excuse to start collecting again.

Sue Sharp—Art and Craft sub-committee.



TRICIA ASHDOWN

ACWW

triciaashdown@yahoo.co.uk

Jumpers for African children – Marvelous response by members



Last year when I wrote the article for West Kent News asking members to knit jumpers for children in Africa I didn't know that we would soon be in lockdown. As knitting was one of the few things we could still do many West Kent members started producing jumpers.

I have had a tremendous response to the appeal and my picture shows some of the 104 jumpers that have been sent to me. What a beautiful array of colours and patterns. Other members are keeping jumpers at home until we can meet again, and some have sent them direct to ACWW headquarters.

In normal times the Board members from Africa take some jumpers back with them in their luggage after visiting London for meetings. Of course travelling to London

hasn't been possible for over a year, and the jumpers aren't getting to the children at the moment.

I did offer to post some to the African Board members. While ACWW said this was a lovely thought they told me that there are exorbitant import fees put on the jumpers sent to Africa. The other issue is that the postal system in Cameroon where the African Area President lives is almost non-existent at the moment because of the civil war.

The jumpers will get to the children who need them as soon as it is safe for the African members to travel to London. I'm sure the little girls and boys are going to love wearing the colourful West Kent jumpers, and a big thank you to everyone who knitted them.

OBITUARIES

Members of **Fairfield** (**Dartford**) **WI** were saddened to hear of the sudden death of **CAROLE DANDO**. She would actively join in our

events and was always willing to lend a helping hand. We shall miss her cheerful presence.

Fairfield is also sad to announce the death of former member MYRTLE SMITH who passed away peacefully at the age of 96 years old. She had been a member of Fairfield since 1991 and only gave up her membership in 2020 when infirmity meant she could no longer attend meetings. We remember her with great affection. She was always smiling and enjoyed joining in all that WI had to offer.

It is with great sadness that **Aylesford & Eccles WI** announces the death of **LINDA SHARP**. Linda was a quiet but lovely lady who lived with her illness bravely for many years. She encouraged her cousin Pat to join with us and together they enjoyed our monthly meetings, the walking group, lunches and outings. She was a popular companion at these events and described as a kind friend to many members and outside of WI. We send our condolences to Ken and her two sons.

Members of **Allington Castle WI** were saddened to hear of the death of **JOYCE FOSTER** at the age of 89. Joyce had been a member since January 1983 and was a long standing member who became involved immediately becoming Art and Craft rep, Home Economics rep and Assistant Secretary during her membership. She was involved in the local community joining the Gardening Club, ALLARA and the Hearty Quilters. Joyce will be sadly missed by our members and the local community and our thoughts go to her family.

It is with sadness that the **Farleighs WI** announce the passing of **CATHERINE BROWN** on 30 March. Catherine was a member for over 50 years and she attended many events even when she was in her 90's.

She had an active mind to enlighten us on many subjects, a quick wit and was forever shaking her tin for ACWW.

She will be greatly missed by all of us. Our thoughts are with her family.

It is with sadness that Farningham WI announces the sudden death of **IRENE COPEMAN** in January this year, just after celebrating her 92nd Birthday. Irene was a much loved and valued member, who took an active part in producing many plays and pantomimes over the years. Irene and her band of helpers also ran the very popular PA&Î monthly lunches. She was a long standing member of the committee and a founder member of the Bowls group, playing, into her nineties. She will be much missed by us all and our thoughts are with her family.

Members of Boughton Monchelsea **WI** were very sorry to hear of the death, following a long illness, of their dear friend MARIE BOULTON. Marie had been unable to attend our meetings for some time due to ill health but members will remember her for her supportive work on the committee. She was a very friendly, welcoming lady, always willing to host events in her lovely cottage and for her delicious, prize winning cakes. Marie was also a skilled craftswomen and was particularly known for her marvellous quilting which we enjoyed admiring when visiting her house. We send our deepest condolences to her family.

The Farleighs WI is very sad to announce the death on 4 May of CHRISTINE FURLONGER. She had a long battle with illness, but she was brave, positive and never complained. Chris was a lovely lady, dressed beautifully and loved performing. We all shall miss you so much Chris. Our thoughts are with her family.

CONGRATULATIONS

Many sincere, congratulations from Frindsbury WI to PAM and TREVOR PLUMMER who celebrated their Diamond Wedding Anniversary in 2020 on 18 June.

Also, our congratulations to

MARGARET and COLIN CRAVEN
on their Golden Wedding Anniversary
which was on 17 April 2021.
Very best wishes from us all.

Otford Oast WI sends congratulations and best wishes to PAT and JOHN WOOLARD who celebrate their Golden Wedding Anniversary on 20 June.

WHO TO CONTACT CHAIRMAN:

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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@wkfwi.org.uk

Address, see top of page two.

If not, please post to our Ethel Hunt

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