



Rickinghall WI

Rickinghall WI started the New Year with **Liza Jones** and her entertaining talk on the history of underwear.



Did you know, it wasn't until Queen Victoria's reign that women wore knickers? Liza demonstrated the changing fashions and explained how underwear was originally bespoke but in the early twentieth century started being commercially made.

The ladies then enjoyed a trip down memory lane remembering Liberty bodices, Spirella rubber girdles, suspender belts and Playtex Cross Your Heart bras!

Long Melford WI



February saw us host Stuart from **The Woolpatch**.


A decade or so ago, Stuart left teaching to try something new and discovered a wool shop in the village. Learning all about knitting (which he had never tried before), he was intrigued when tourists started calling into the shop and asking for Lavenham Blue. A visit to Lavenham Guildhall gave him an insight into the history of wool dyed Lavenham Blue, and how in the 16th century they used woad to create the colour that no one else at that time could produce. As a result, the dyed wool was exported all around the world and Lavenham became very wealthy. Today, using sheep fleeces sourced from a local shepherdess and spun into wool, Stuart dyes it Lavenham Blue. It was a really interesting talk, and we had a mini demonstration of the dyeing process. Our craft group are getting ideas for how to use the wool in a future project.

Find out more at www.thewoolpatch.com

100 Years of Memories, Risby WI

Alan Medlock from The Jockey Club - A fascinating talk


"Newmarket did not exist, we had to invent it!"



Friday April 24th 2026 7pm for 7.30pm
Risby Village Hall, Aylmer Close, IP28 6RT

Tickets £20 - Open to all
To include a delicious buffet supper

Please contact Julie Higgins
Mob. 07899 980430 julie@hjulie.co.uk
or Secretary Marilyn Lidster 07786 794130
or secretary@risbywi@gmail.com
PAYMENT at time of booking accepted by Cheque, BACs or Cash



Shimpling & Alpheton WI

In February we had an evening with burlesque dancer Lindsey Barrell aka **Ms Cherry Bombe**.

Lindsey turned out to be quite a stand up comic, dressed in - well - not what you would expect from a typical WI member, let's say... She certainly knew how to tell her stories! She has been doing burlesque for fourteen years and now dresses as a character called Cherry Bombe. She made a huge impression on us all, not least because we were amazed at her confidence in standing before us on a bitterly cold night so scantily dressed.



Haverhill Owls WI

In January we welcomed **Peter Tatum** to share his memories of Iceland.

With a wonderful selection of his holiday pictures we toured Iceland taking in vistas of mountains, geysers, volcanoes and glaciers. His interesting told of the geology of the island, the architecture and history. The natural underground thermal hot water ensures the inhabitants have very low cost heating.



Honington & Sapiston WI

In January we had a talk from Kevin Parson, from **Suffolk's Emergency Medical Charity (SARS)**.

They provide advanced, pre-hospital medical care at the scene of serious incidents but receive no central government funding relying entirely on voluntary donations. It was an interesting talk with a patient story and the amazing equipment they have to carry.



Boxford WI

Boxford WI members have been busy making poppies for the charity **Standing with Giants**.



In 2024 the WI supported their For You Tomorrow display by knitting and crocheting red poppies. In total 37,000 poppies were sent in from WI members across the UK and formed a central part of a display around the eighteen soldier stillage crates in Normandy.

Standing with Giants are now restoring this project which involves carefully removing all poppies for cleaning and reapplying them. However, after prolonged exposure to the elements a number need replacing and they have asked WI members to craft additional poppies for the display. We are proud to be sending over 60 poppies to the charity!

Drinkstone WI

To kick off the new year, Drinkstone WI held a Spanish Night. Not only

did they learn Spanish whilst listening to Spanish music, but they also sampled a glass or two of sangria and enjoyed tapas.

Members also chose a charity to support in 2026. This year they will be supporting **The Moses Project Suffolk**, a volunteer led project supporting families with essential baby items in Suffolk



Chevington WI

At our February meeting we honoured our dear friend Pearl Sugden who enjoyed her 100th birthday two days later!

Pearl moved from London to Depden (near Chevington) in 1979 and joined the WI soon after with her good friends Maureen and Margaret who all lived very close to each other, all wanting to meet others. She has been a stalwart member with the most amazing wit and humour.



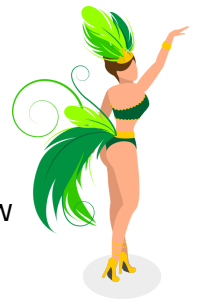
She was extremely delighted and proud of her card from HRH's, we presented her with cake and flowers, and a card signed by every member. Pearl is now an Honorary member of Chevington WI

well deserved. On the big day, we all went to her house to sing her Happy Birthday.

We also had a brilliant speaker in February, Simon de Laat. Simon gave us a really interesting talk about CPR and defibrillators and the need to do something rather than nothing. We all tried CPR on a Annie, it was surprising how technique mattered and the rhythm - Simon had a metronome on his phone so we could get an idea of the timing. In an emergency it's extremely important to call 999 so you are talked through what to do, and also vital to get help to find your nearest defibrillator, Simon talked though how to use a defib - they aren't scary and the machine talks you through the process! Excellent knowledgeable talk!

Elmswell WI

We started the year with an amusing and enlightening talk from **Cherry Bombe** about how her search for new friends led her into burlesque and the WI. Along the way, she explained how she managed to acquire 6 sewing machines which she doesn't use much and also the challenges of attending salsa classes with 200 women and 3 men! Cherry now runs one of two WI burlesque groups. It turned out that at least one of our members has already done some burlesque themselves!



Long Melford WI

For their first meeting of 2026, Long Melford WI hosted their own version of the hit TV comedy series **Would I Lie to You** with members taking it in turns to state two sentences about themselves, one true and one false, whilst the group guessed which was the truth.



SUDBURY SUNFLOWERS WI

WARMLY INVITE YOU TO JOIN THEM
ON
MONDAY 16th MARCH 2026 – 10.30am-12.30pm
at
THE JETTY QUAY LANE SUDBURY CO10 2AN
TO HEAR

“KING HAL”

Cost: £5.00 pp (family and friends welcome, male and female)
TO SECURE YOUR PLACE AS SPACES ARE LIMITED PLEASE EMAIL
PAULINE – hatchfamily123@gmail.com



Michael Farley is Good King Hal, the UK's number one Henry VIII look-a-like and interpreter with his booming voice and uncanny resemblance to Holbein's paintings. Michael is guaranteed to be interesting and amusing with his background in professional acting and stand-up comedy. The perfect way to start the week!

Michael or King Hal has worked as a full time Tudor King since 2004 and has performed throughout the British Isles and Europe. He is frequently to be seen in the summer months commenting and working with the Knights of Royal England Jousting Team at venues like Hever Castle in Kent, Cardiff Castle in Wales and Linlithgow Palace. He has made numerous TV and Radio appearances as the King and has acted in a number of films.

Looking forward to seeing you on the
16th March.