

## STONHAM ASPAL WI

### REPORT TO THE STONHAM ASPAL ANNUAL PARISH MEETING 16<sup>th</sup> MAY 2023

The WI continues to meet on the third Monday of each month, and membership now stands at 14, up from a low of 7 members a few years back. We are looking forward to our Centenary Birthday on Saturday 23<sup>rd</sup> September 2023, when we will be holding a tea party with entertainment for current and past members, and we will also be inviting representatives of other local WIs and organisations.

This year we have had a range of speakers and activities – there was a highly enjoyable evening of New Age Kurling (like in the Olympics but without the ice), a treasure hunt and meal in Needham Market and a chair yoga and balance session which was surprisingly energetic. We have learned much:

- About the different possibilities for energy for the future –several members said they would have had a different view on science if the speaker been their school physics teacher.
- the history behind several local place names and events, including the Gun Cotton Explosion in Stowmarket.
- The importance of having Lasting Powers of Attorneys in place before it's too late – and the shocking warning not to assume that a joint account means you'll be able to access your money if your partner has a stroke or a serious accident

We decided during the year to expand beyond the regular monthly meetings and we now hold regular tea afternoons, where we discuss anything and everything. Without a speaker, this has given us the opportunity to get to know each other better. We also started a Book Club which is going well.

We have had a couple of craft sessions – in the winter we made Christmas wreaths and in March met on a Saturday morning to make paper beads from an old book of maps and a Dobies catalogue, which we fashioned into earrings and bracelets.

Three members attended the WI Federation meeting at Trinity Park, and six of the group did our annual litter pick through Stonham Aspal and Mickfield.

Our up-coming meetings include self defence and a visit to Kwik-Fit to learn about car safety and maintenance.

Anyone who would like to join us for a meeting or afternoon tea would be very welcome. Just speak to one of our members or see the village magazines for further information.

Ruth Wailes  
President Stonham Aspal WI  
16<sup>th</sup> May 2023