

### Recipe for Life

- 1 cup Love
- 1/2 cup Integrity
- 1 cup Fortitude
- 2 Scoops Humour
- Pinch Anxiety
- Pinch Regret
- 1 cup Curiosity
- 1 cup Honesty
- 1 tsp. Irony
- 1 lb. Forgiveness

Norfolk Federation of WIs  
Charity No. 1201046



## The Communication Sub-Committee's Creative Writing Competition 2023 Open to Members of the Federation The Perfect Ingredient(s)

Develop your piece, using this theme/title as the prompt, in any style/genre you choose, fact or fiction, however, it should be presented anonymously.

Names and identifying details should be changed to protect the privacy of individuals.

### The judges will be looking for a piece which

- ✦ Hooks the reader quickly, with enough telling details and appropriate vocabulary to bring it alive
- ✦ Is a satisfying read, with a clear plot or point
- ✦ Paints a picture with words
- ✦ Is well-presented, with layout and word count, as requested, noted at the end of the piece, with acceptable spelling and punctuation

### Please ensure that you adhere to the following schedule:

(only those entries that do so will proceed to judging)

- ◆ A short story that is entirely your own work on the theme above, to be told in circa 650 words (a margin of 10) is allowed
- ◆ Your submission can be typed or clearly handwritten. Please number the pages and add the word count at the end
- ◆ Do not put your name on the script itself, but attach a covering sheet with your name, address, phone and/or email contact, and the name of your WI. Include a sae if you want the script returned by post
- ◆ To be submitted to Federation Office, either by email ([admin@norfolkwi.org.uk](mailto:admin@norfolkwi.org.uk)) or by post to 45 All Saints Green, Norwich NR1 3LY
- ◆ Entry Fee £2.00 per script:  
By cheque made payable to NFWI On the reverse please write "Writing 2023" and the name of your WI OR: By BACS: To NFWI Sort Code 08-92-99 Account No. 65431449  
Payments should be referenced with your Surname, WI and "Writing 2023"
- ◆ The Norfolk Federation Writing Competition Trophy will be presented to the winner at the Federation Annual Meeting in 2024
- ◆ Winner and runners-up entries will be published in the Federation Magazine on Social Media, or online

**Closing date Tuesday, 31st October 2023**

*Don't forget, no one else sees the world the way you do,  
so no one else can tell the stories that you have to tell: Charles de Lint*

**Good Luck with your entries!**