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Lincs South Federation News

July 2021

Issue 83

Hello,

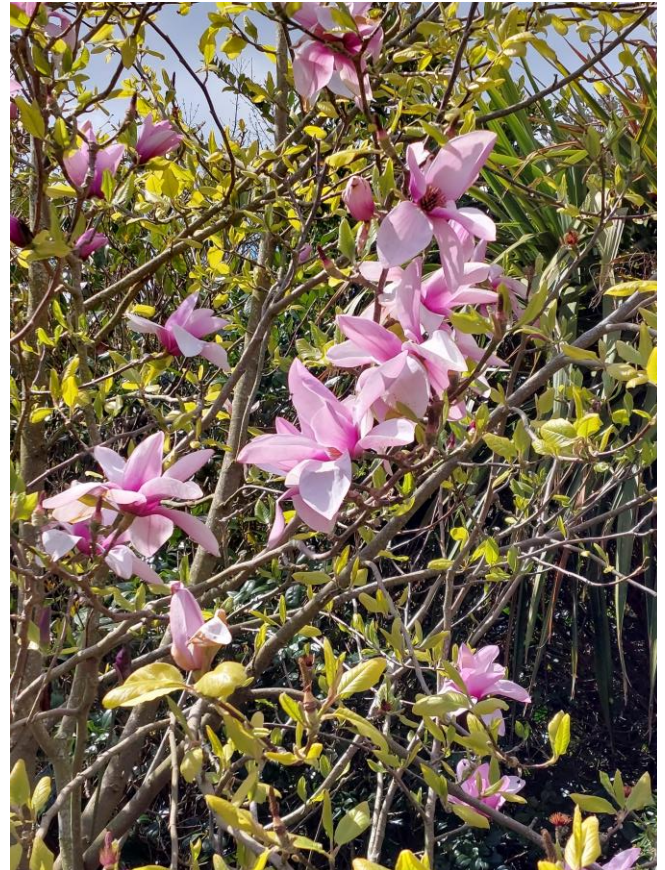
So, another date to head towards and more plans to potentially rearrange. Those of us who had plans, both WI and personally pencilled in to take place after the 21 June, have been busy making alternative arrangements. In the grand scheme of things, they are all small inconveniences.

I know that many of you are hoping to meet outside with garden parties, walks and games afternoons being planned. Many of these are dependent upon the weather, but we are all used to making contingency plans for the rain or the cold.

Whatever you are able to do please remember to take some photos and to share them with us all at the office. It is good to share what we've all been able to do!

Best wishes

Liz



WINNER!

Congratulations to Sandy Greetham of Pinchbeck WI who was selected as the winner of our 'Spring' photo competition.



LSFWI Chairman

lmcintoshwi@gmail.com

07969360344



facebook.com/lincssouthwi



@lincssouthwi



lincs_south_wi

Office Contact Details: WI Office, Pattinson House, Oak Park, East Road, Sleaford

NG34 7EQ. 01529 302398

fedoffice@lsfwi.org.uk

Charity No -506268

TAKE A CHANCE

June winners:

- Halina Krajewska of Leasingham WI
- Moira Clark of Barrowby WI

All TAC winners:

To assist with the payment of TAC winnings please contact the office with your bank details or confirmation that you would prefer to be paid by cheque

Email: info@lsfwi.org.uk

TAYLORS BULBS 2021 WI Bulb Scheme

Last call for orders.

Please place your order for bulbs asap.

Either by email to: fedoffice@lsfwi.org.uk or by post.



“Denman at Home”

July offers a host of online classes including:

Decorate a drip cake in an NHS & Frontline workers tea party style

– with Kelly Mauger

Make an Oven Glove, Potholder or Ironing mat

- with Claire Salmon

Family History: focus on graves and burial records

- with Jessica Feinstein

Creative Photography taster session

- with Janine Kilroe

Courses are from 1 hour in length and generally cost from £5

Check out the availability at:

<https://www.denman.org.uk/whats-on/?search=Online%20Course>



Lady Denman Cup Competition 2021

Using no more than 500 words, WI members are invited to submit a piece of writing, fact or fiction, in any style (story, poem etc.) based on a painting by Artemisia Gentileschi. The self-portrait of the artist as St Catherine of Alexandria is displayed in the National Gallery (www.nationalgallery.org.uk).

Full details, the schedule and entry form can be obtained from WI Office.

Closing date: 30 July 2021.

Entry fee: £10.

Entries by email preferred: Fedoffice@lsfwi.org.uk.

Postal copies may be posted to WI Office



THE VIKING SCARF

Are you up for a challenge?

Inspired by Shropshire Federation, we are joining with our friends from Lincolnshire North and Lincolnshire Humber and Leicestershire & Rutland Federation to Knit the Viking Way. The long-distance path runs for 147 miles from Oakham in Rutland to Barton-upon-Humber in North Lincolnshire.

The challenge is to knit enough scarves to 'cover' the distance.

The average length of a scarf is between 60 and 80 inches, so that is around 116,500 scarves. It sounds a lot – which is why it is a challenge, but it is one all ages and abilities could take part in.

And we also want to look at it as a sustainable project. Scarves are an ideal way to use up your wool stash or you could purchase odd balls of wool from charity shops. Or perhaps you have an old jumper that could be unwound and repurposed.

The challenge will run from now until the end of October. The scarves will then be donated to homeless charities.

So, rally your family and friends to pick up their needles and get knitting too – and together we can rise to the challenge.



For further information please contact WI Office.

FEDERATION PENNANTS

We would like to create a Federation bunting consisting of 60 pennants, each one representing a WI in our Federation. Your secretary will shortly receive a green cotton template. This template not only gives you the dimensions of each pennant (300mm x 500mm) but can also be used as the material for the reverse.

We hope that each pennant will reflect either your WI or community and includes the name of your WI. The completed pennants will be joined to a header tape to create a large bunting style display. This will be used for Federation events or loaned out to WIs.

The decoration of the front of each pennant can be completed in any medium, it is unlikely that it will ever be washed. You may also prefer to include some interfacing if your front cover is a lightweight fabric.

Ideally, we would like them to be completed by the end of September to be displayed at our Federation Day which we are hoping will take place in October.



England Netball and NFWI extend Walking Netball partnership

England Netball is delighted to announce the extension of its partnership with the National Federation of Women's Institutes (NFWI) following three successful years. The partnership continues to focus on empowering members of the WI to engage, increase activity and prevent social isolation through the governing body's popular Walking Netball programme.



WI members of all ages and abilities across the country, have taken to Walking Netball with enthusiasm and passion and have been a **leading force in demonstrating that the sport can be inclusive to all women**. Thanks to funding from Sport England the project has successfully introduced the WI to a team sport enjoyed by thousands of women across the country, which continues to grow in popularity. The extension of the partnership will allow the project to continue to **build women's confidence, self-esteem, and physical and mental wellbeing** through a slower version of the game, whilst also offering the opportunity for women to develop their skills through Walking Netball Host training. This impacts the lives of many more members of the WI, which following the pandemic, will be crucial in supporting people to rebuild both their social interactions as well as their physical activity habits. The WI and England Netball hope that through Walking Netball they can continue to **engage and motivate women of all generations and backgrounds** around the country.

Thanks to the partnership, selected **WIs were provided with 20 fully equipped weekly or fortnightly sessions** delivered by an England Netball Walking Netball Host in venues the participants were familiar with. To encourage WI members to maintain regular activity levels beyond these first sessions, and to leave a positive legacy for the project, an **incredible 226 WI members have been trained as Walking Netball Hosts to date**, with more eager to get involved.

For more information on Walking Netball please see MyWI or contact WI Office

News from our Wis.....

RAUCEBY WI

We started a group within Rauceby W.I dedicated to tidying the lanes and hedgerows around our village. During our first session we collected the rubbish shown below, along Rauceby Drove. We plan to hold more sessions in the upcoming weeks. We were thanked by several members of the community for our efforts which was lovely to hear! A job well done.

Sam Horton
Secretary Rauceby W.I



STAMFORD WI

At Stamford WI we are looking forward to being able to resume face-to-face meetings when restrictions allow, and when we feel we can offer a safe environment for our members. In the meantime, we are continuing to meet on Zoom. For our July meeting (on Wednesday 21st at 7.30 pm) we will be welcoming Janice Moulds from the National Trust, whose talk is entitled "Dirty and Smelly". We are looking forward to an entertaining and informative evening – with posies and noseays at the ready!

If you would be interested in joining us, as a guest, please email wistamford@gmail.com for details and to receive a Zoom link. You will be very welcome!

If you need any further details, please get in touch.

Sally Freestone Stamford WI
Tel: 01780 480719 Mob: 07751 780314

COLSTERWORTH WI

On Wednesday 23rd June 2021, 15 members of Colsterworth WI had an informal get together outside in the sunshine, observing all Covid rules of course.

It was lovely to chat with other members in person again after so long.



Sandra Quinsee, President

LANGTOFT WI

Members of our WI regularly venture out for interesting walks. This one around Billingborough was very interesting. The natural springs at Billingborough, in the very heart of the village have been preserved with great effect to provide a charming water feature which attracts mixed wildfowl as well as providing a place of peace and tranquillity for the community which can be enjoyed at all times. The springs are sited alongside St Andrews Church and the GP Surgery.



The springs are fed by the Lincolnshire limestone aquifer, rain falls on the uplands near Grantham, flows down and eastwards along the dipping limestone strata and is forced up under pressure in various areas of Lincolnshire. You can see the water bubbling up to the surface from the rocks below. The water is warm and seldom freezes and the springs have only dried up twice in living memory in 1976 and 2011, when the water did not reappear for 6

months. The water no doubt attracted early settlers with evidence of Iron Age and Roman settlements nearby. The water contains iron salts, which would have been highly valued by the Victorians for health giving properties. Either side of the springs are the cisterns where the Victorians drew the water.

Jenny & Shirley Langtoft WI

ROPSLEY & DISTRICT WI

Fancy knitting a poppy? or crocheting one?

Ropsley and District WI are working with villagers to create a poppy cascade at St Peter's Church for Remembrance Day this year and as we will need thousands of poppies wondered if anyone would like to help us. Use any pattern you wish (or we can send you a selection), the only proviso is that the poppies/wool should be 'poppy' red with a black centre and about the size of your hand.



If you want to help please get in touch by

e-mail wiropsley@gmail.com

or call Elizabeth Mantle on 07798 830383

NOTICEBOARD

FOR SALE



We have Lincs South Federation badges available for sale.
The badges are green enamel with gold coloured details.
They measure approx. 5cm x 3cm

Price £3 plus P&P

Please contact WI Office for more details or to order: fedoffice@lsfwi.org.uk



NEED SOME OUTSIDE COVER?

The LSFWI gazebo is available to borrow for any summer event you may be planning.
Please contact WI Office to arrange a booking.



BREAST CANCER NOW

This charity are encouraging us to hold afternoon teas in August to raise funds.

Baston WI member, Wendy is offering to loan her collection of pretty china to add charm and to compliment any fundraising that you may be holding for this charity.



Wendy Hodson 01778 424026 (Bourne)



Medicinal Packet Recycling Scheme

We are encouraging WIs to collect empty blister packs which can be recycled through certain Superdrug stores. Full details of participating Superdrug stores can be found at: <https://www.terracycle.com/en-GB/brigades/medicine-packet-uk>
Any brand of EMPTY medicine blister packets can be recycled.

NHS, Social Care and Frontline Workers' Day

The WI is proud to be supporting the first-ever NHS, Social Care and Frontline Workers' Day on **5 July 2021**, to thank health and care workers for being there for us when we need them most. We are particularly so proud of the many incredible WI members who are also NHS staff and frontline workers, our WI heroes, who throughout the pandemic have shown such strength and resilience by bravely stepping forward to support others. Full details of the event can be found at: <https://www.nhsfrontlineday.org/programme/afternoon-tea>

We would love to see WI members across the country **organise special Afternoon Tea events** within their communities to mark the NHS and Frontline Workers Day, and we encourage as many others as possible to get involved too.

The WI has created a **unique celebration cake**, which can be made by people of all ages from all backgrounds, all across the country, and be shared together at the same time on this special day. We hope this will be an opportunity for communities, families, and friends to come together in whatever way possible, to truly celebrate our remarkable NHS and frontline workers.

Details of how to make the cake and the decoration can be found [here](#).



NEW NFWI CHAIR



NFWI Board of Trustees Officers and Committee Chairmen 2021 – 2022

Following the special board meeting which took place on Wednesday 9 June 2021 the NFWI Officers and Committee Chairmen for 2021 – 22 were elected as follows:

Officers

NFWI Chair	Ann Jones, Ceredigion (shown above)
Hon Treasurer	Jeryl Stone, Warwickshire
Vice Chair	Catriona Adams, Lincolnshire North
Vice Chair	Yvonne Price, West Sussex

Climate Ambassadors

Waste not, want not!

“Waste not, want not?” Do you remember this being repeated often when you were a child? I certainly do. It is a “common sense” attitude that has probably governed the lives of very many of our ancestors, hunter-gatherers and Victorians alike, and is typical of the generations of people who lived through the rationing of the World Wars.

But over the course of the second half of the 20th century, cheaper and faster production of foodstuffs, metals and manufactured goods, and the explosion of plastic has meant that we are now rampant over-consumers. This translates into a massive “throw-away” culture, encompassing clothing, household goods, and containers such as coffee cups and plastic bottles for water, shampoo, milk etc.

We do not need all the clothes we buy and at present many items are suspiciously cheap; last year in the UK, sweatshops were uncovered where cramped conditions led to outbreaks of Covid-19. Both natural materials and man-made fibres have their drawbacks. Experts contend that cotton is the most “water-dense” crop - it takes about **2,700 litres** of water to make just **one t-shirt!**

Man-made fibres such as nylon, polyester and elastane are troublesome as they require manufacture from oil-based products.

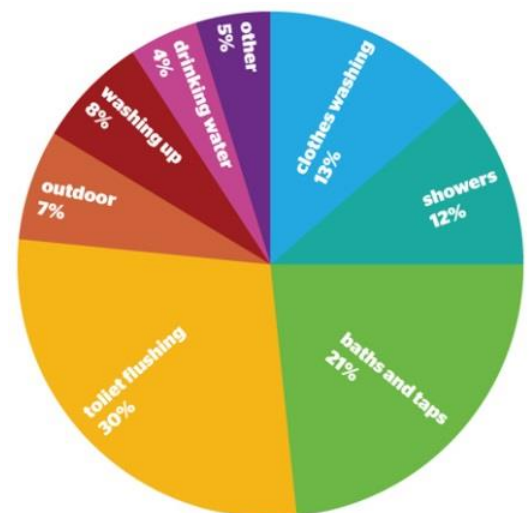
So, the message has to be – use all resources in moderation!

In the UK we are big consumers of water! It is estimated that in the UK the average family of four uses 500 litres of water a day.

A power shower for 10 minutes uses 130 litres, a toilet flushes 5 litres each time, with a washing machine using an average 50 litres per cycle!

Try to reuse water whenever you can, for example using a bowl to collect the water when rinsing vegetables. Keep a jug of water in the fridge to avoid running the tap until it is cold enough to drink. By making small changes such as turning the tap off when brushing your teeth or swapping a bath for a short shower, you’re not only helping to save water but energy and money too, as well as protecting the environment and future supplies.

While it may feel like it rains every day in the UK, we have a finite amount of water to go round. Climate change, population growth and the need to improve our resilience to droughts are all putting pressure on our water supplies. The climate emergency is increasing the prolonged periods without rain. 2020 was the warmest year on record in Europe and 42% of UK adults are now concerned about parts of the UK running out of water in the next 25 years. The pandemic also created a dramatic change in water use patterns and staycations may increase this strain too over the summer months.



How do we use water in the home?

Resources

[Fauna & Flora International \(fauna-flora.org\) www.water.org.uk](https://www.water.org.uk)

<https://watersworthsaving.org.uk/>

Wendy Wooldridge, Climate Ambassador

MEMBERS ADVISORY COMMITTEE

I bet you didn't know that!

How often have you heard the saying "you learn something new every day"?

Well, this is your opportunity to find out more about the largest women's organisation in the UK. So whether you have recently joined or you have been a member for many years this is your opportunity to hear what is on offer with your membership.

Tuesday, 20th July at 2pm

Thursday, 22nd July at 7pm

Please contact WI office to register your interest in these Zoom sessions.

Open to all ages!!

Jane Root, MAC chair

The winners of our 'Spring' photo competition -



Winner

Sandy Greetham

Pinchbeck WI



Runner up

Paula Caunt

Sibsey WI



Runner up

Laurence Parker

Grantham Early Birds WI

FRAMPTON MARSH WALK

On Friday 26th June nine members from LSFWIs set off on another walk organized by the Federation. Led by Elizabeth Mantle everyone met in the car park of Frampton Marsh RSPB reserve just south of Boston, before setting off on a circular route around the perimeter of the reserve. As we trundled through very long wet grasses and woodland we were serenaded with birdsong. Walking high on the bank we could see for miles with Boston Stump in the background. Below us on the edge of the water we spotted a Lapwing chick (could only be about 10 days old) and many Avocets with their long black beaks feeding in the mud.

The reserve has become an internationally important place for wildlife. The natural environment here including the salt marshes and mudflats of the Wash attracts more than half a million birds from all over Europe. Many thousands of wildfowl and waders winter at Frampton Marsh while iconic species such as avocets, absent for decades, have returned to breed once more. These bird spectacles are complemented by resident wildlife such as bee orchids and brown hares.

And after a long walk there's nothing better than a hot drink!



Rauceby Recce - A Preview of July's Federation Walk

For anyone who has not joined in a Federation walk yet I thought that it might be worth letting you have a preview of the next walk which will be around North and South Rauceby. After doing the recce I can assure you that it is a lovely walk - much of it is on tracks with a little on field edges and across fields but it is not a difficult walk, the views are lovely and you get to see some lovely sculptures on the way. The added bonus of course is that the meal in the pub afterwards was great!

Here are some pictures from the recce - but do come and join us – just review the flyer on the next page and drop a line to events@lsfwi.org.uk



Walks Around the Federation

All walks start at 10.30am

£2 for members, £2.50 for non-members

In the hope that we may be able to get together, outside at least, as the year progresses, we are starting with some mid-distance walks around the Federation area. We'll be hoping for the sunshine in the middle picture rather than the rain on the left or the snow on the right but the main thing is to enjoy the walk.

Should circumstances change, we may see if we can organise somewhere for lunch afterwards for those who wish it but the real aim is to get out and enjoy the countryside that we are so lucky to live in. The planned walks are as follows:

<i>Date of Walk</i>	<i>General Area of the Walk</i>	<i>Distance</i>	<i>Reference</i>	<i>Closing Date for Applications</i>
<i>Thu 15 July</i>	<i>S&N Rauceby</i>	<i>3¼ or 4¼ miles</i>	<i>RAUC15JUL</i>	<i>Tue 6 Jul</i>
<i>Mon 23 Aug</i>	<i>Billingborough</i>	<i>4¾ miles</i>	<i>BILL23APR</i>	<i>Mon 16 Aug</i>
<i>Wed 15 Sep</i>	<i>The Deepings</i>	<i>4¼ miles</i>	<i>DEEP15SEP</i>	<i>Tue 7 Sep</i>

Please note that all walks are subject to change or cancellation or numbers may be curtailed dependent on circumstances, including any Covid restrictions. Places will be allocated by ballot if necessary.

To apply for a place on a walk either:

1. **E-mail/BACS (preferred application method)**. Send an e-mail to events@lsfwi.org.uk with the reference from the table above as the subject by the closing date for the walk you wish to attend. *Ensure that you include the 8 pieces of information requested overleaf. DO NOT make a BACS payment until your place is confirmed* when you will be sent the bank details and asked to *pay by 3 days prior to the event* to secure your place.
2. **Cheque/letter**. If you need to pay by cheque, send your cheque payable to **LSFWI** *the 8 pieces of information requested overleaf* to **LSFWI, Suite 10, Pattinson House, East Road Trading Estate, SLEAFORD NG34 7EQ** to arrive prior to the closing date. Any cheques received where a place is not allocated will be destroyed.
To minimise costs, any WI able to consolidate applications into one cheque should do so but the information overleaf must be sent for each individual.

Walks Around the Federation

PLEASE READ PRIOR TO APPLYING FOR A PLACE

All members must be aware they walk at their own risk and they are responsible for their own safety and happiness on the walk.

The walk leaders will lead the walk and will carry a small first aid kit but will not have specific medical training. The walk leaders will show their group the way on the walk but it is up to the individual to be careful in following them and to know their own capabilities and limitations.

You must carry a contact name and telephone number with you which could be used should the need arise. This may be stored on an unlocked mobile phone under the name "ICE" (In Case of Emergency) or be accessible as an Emergency Contact/Medical ID on a locked phone *e.g. for iPhone details are stored under Health, click on circle with your initials, Medical ID and Emergency Access needs to be set to Show When Locked.* You will be given the walk leader's mobile number on the day.

Should any member have any underlying health problems such as diabetes or asthma that may affect them during a walk or any medication that they may need, they must ensure that this is included in their application, ensure that appropriate medication is brought with them, and either the walk leader or a trusted companion knows what to do in the event of any problem.

All participants must arrive with:

- Suitable footwear i.e. trainers or walking shoes/boots
(Unless the route recce in the days prior to the event shows otherwise, trainers are sufficient for these walks but please consider the walk leader and before you pick up your loafers or flip flops that you may be perfectly capable of walking the distance in but the walk leader will not know that. She should not be put the difficult position of having to discuss it with you in case you cause a problem for the group as a whole)
- Water/fluid
- Any medication that might be needed
- Mobile phone that is switched on throughout the walk
- Suitable clothing for the day (e.g. a waterproof if wet, a sun/rain hat,)
- Suntan lotion applied if hot

Information that MUST be included in your e-mail/ with your cheque

1. **Which walk you want to join** *e.g. 2½ miles Monday 10 August*
2. **Your Name**
3. **Your WI**
4. **Mobile Number**
5. **Contact Telephone Number** *if different from mobile*
6. **Emergency Contact Name**
7. **Emergency Contact Telephone**
8. **Any medical conditions that may affect you on the walk? If so, please give details.**

Zoom Quiz

7.30pm Thursday 22 July 2021

£2 for members, £2.50 for non-members.

Closing date Monday 19 July 2021

The Zoom quizzes, whilst not the social events that the face to face quizzes were and hopefully will be again soon, have nevertheless been entertaining and enjoyable so another one is planned for 22 July when hopefully the light at the end of the tunnel will have been reached. The evening will again be at minimal cost - a small admin cost of £2 per team member (£2.50 for non-members) and as teams will have to score their own answers it would not be right to award prizes – so just join in for the fun and for the glory!!

You can join as a team of four or, if your WI does not have 3 other people who want to take part, we attempt to put individuals into mixed teams. Teams will be put into breakout rooms for discussion after sets of questions before coming back into the main Zoom arena for the answers - so you do get to chat with your team mates.

To join in the quiz, send an e-mail with 'JULY21 QUIZ – INDIVIDUAL' or 'JULY21 QUIZ - TEAM' as the subject to events@lsfwi.org.uk by **19 July 2021** with *the following information:*

INDIVIDUAL	TEAM
WI Name	WI Name
Your Name	List of names and corresponding e-mail addresses for your team
Your e-mail address	
Contact Telephone Number <i>(in case of difficulties on the night)</i>	Contact Telephone Number <i>(in case of difficulties on the night)</i>

BACS is the preferred payment method but **DO NOT make a BACS payment until the quiz is confirmed** when you will be sent the bank details and asked to *pay by Tuesday 20 July 2021* to secure your place.

If you need to pay by cheque, send your cheque payable to **LSFWI with ALL the above information** to *LSFWI, Pattinson House, East Road, SLEAFORD NG34 7EQ* to arrive by **19 July 2021**.

To minimise costs, any WI able to consolidate applications into one cheque should do so but the above information is required for each individual. Any cheques received where a place is not allocated will be destroyed.