



Tmary1956#

June 2021

# Lincs South Federation News

Issue 82

Hello,

With June 21 approaching fast and the planned easing of all restrictions, WIs around our area are planning events. I know of several garden parties scheduled for July and August. Whilst some venues are delaying reopening until September, even that suggests that we might be resuming our usual programmes of face to face meetings this year. 'Not before time', I hear many of you cry!

Whilst some of us will continue with our digital connections via Zoom and the like, it has after all, been a lifeline in certain situations, the prospect of planning a social event and getting together with our WI friends is a treat not to be missed. The federation team have got several ideas for the late summer and autumn and we will share these with you soon.

In the meantime, continue to stay safe and I look forward to seeing you soon.

Best wishes

Liz



LSFWI Chairman

[lmcintoshwi@gmail.com](mailto:lmcintoshwi@gmail.com)

07969360344

## STOP PRESS

**Resolution Talk**

**A call to increase awareness  
of the subtle signs of  
ovarian cancer**

**Diagnosing Ovarian Cancer:  
Where we are Now and What Might  
the Future Hold?**

by

**DR GARTH FUNSTON**

**BSc MB Chir, Academic Clinical Fellow in  
General Practice (University of Manchester)**

**Saturday, 5 June 2021**

**10.00 – 11.00 am**

Join us for a free Zoom presentation regarding this research project, funded by women's health charity, Wellbeing of Women, trying to find an early stage test for this disease.

Zoom invitation:

<https://us02web.zoom.us/j/2157499219?pwd=NWpSTUFCElNSRFdTNOVza1hNWTA2dz09>

Meeting ID: 215 749 9219

Passcode: 144732



[facebook.com/lincssouthwi](https://www.facebook.com/lincssouthwi)



[@lincssouthwi](https://twitter.com/lincssouthwi)



[lincs\\_south\\_wi](https://www.instagram.com/lincs_south_wi)

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

NG34 7EQ. 01529 302398

[fedoffice@lsfwi.org.uk](mailto:fedoffice@lsfwi.org.uk)

**Charity No –506268**

## TAKE A CHANCE

To enter the TAC draw for 2021 please use the form at the end of the newsletter.

There will be 11 draws for the year, beginning in June – there will be no draw in August – plus there will be a special draw at our annual meeting in March 2022.

The amount of each prize will depend on the amount of the capital raised.

It helps us at the office if entries can be collated by each WI.

Please email entries to:

[fedoffice@lsfwi.org.uk](mailto:fedoffice@lsfwi.org.uk) or post to the WI Office.

Full rules available on request.

## 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](http://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](mailto:Fedoffice@lsfwi.org.uk). Postal copies may be posted to WI Office

## “Denman at Home”

June offers a host of online classes including:

**Preserves** – with Lindy Wildsmith

**Ready Steady Sew**

- with Claire Salmon

**Hampton Court**

- with Patricia Gentry-Verhoestraete

**Photography Editing with Janine - 5 Part Course (£75)**

- with Janine Kilroe

**Shaker Cards**

- with Liz Morris

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>





### **Whaplode Village WI**

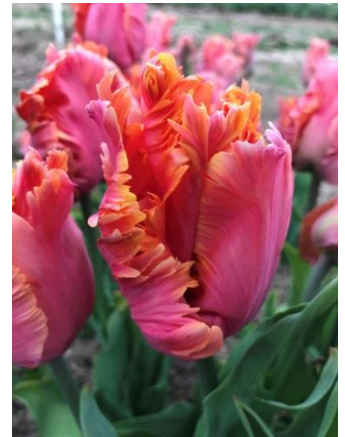
Sharing with you the beautiful tulips, bought last year from Taylors Bulbs.

Just waiting for the alliums now!

Julie Hicks, Whaplode Village WI

## *TAYLORS BULBS 2021 - the WI Bulb Scheme*

Attached to this email you will find a brochure and order form from Taylors Bulbs. As you know this local company is a big supporter of not just our Federation but the WI nationally. This wonderful collection includes May flowering daffodils to fragrant June flowering alliums. The selection available will inspire you to plan for some additional colour in your garden for next year. The closing date for orders is the end of June. If you would prefer a hard copy of the brochure, please email WI Office.



It would be appreciated if each WI would nominate a co-ordinator to collect the order and payment from each member. The completed forms can be emailed to WI Office at: [fedoffice@lsfwi.org.uk](mailto:fedoffice@lsfwi.org.uk) or posted.

Payment can be made by online payment or by cheque. If you require bank details, please let us know. Please use your WI name (or surname if applying personally) and bulbs as a reference if paying by online banking. Eg: WellingoreBulbs

Our Federation will receive a much-needed contribution from Taylors Bulbs in respect of all orders received.

# News from our WIs.....

## DYKE WI

Members of Dyke WI defied 40 mile an hour winds and rain on Thursday to gather safely at Dyke Village Hall to view their 60<sup>th</sup> Birthday wall hanging finally in pride of place in Dyke Village Hall. They were determined that the event would not be cancelled as it had been before due to Covid restrictions. The wall hanging project was conceived some three years ago to celebrate the 60<sup>th</sup> Anniversary of the Foundation of the WI in Dyke Village. Led by a hardworking and dedicated Craft group team, many members created individual panels through different mediums of embroidery, applique, knitting and paint to represent Village and WI life and activities. The Wall hanging was framed by Black Cat Framing of Market Deeping, a specialist in textile framing, and the costs were paid for by grants from the Len Pick Trust and Bourne Town Council. The event was attended by Councillor Ian Sismey of Bourne Town Council and Dyke Village Hall Committee and Adrian Smith of the Len Pick Trust. WI Members were also delighted to meet their new Lincolnshire South Federations of Women's Institute President Liz McIntosh. Committee members served cake in wild weather and members brought their own drinks and chairs. Viewings of the Wall Hanging were allowed with a group at a time passing through the Village Hall. As usual, dyke WI members made the best of the weather and thoroughly enjoyed their afternoon. Thanks go to the Len Pick trust and The Bourne town Council VE day fund and to all the hard work of the Dyke WI Craft Group team.



Helen Whitfield Dyke WI

## STAMFORD WI

Stamford WI has continued to meet throughout Covid-19, using Zoom for our monthly meetings. 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. Our June meeting (on Wednesday 16th at 7.30 pm) is, again, scheduled to take place on Zoom, when we are excited to welcome the International best-selling author, Adam Croft ([adamcroft.net](http://adamcroft.net)) who will be talking with us about his writing. His books are often set in our local area, so there will be lots to interest us and stimulate discussion!

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

Sally Freestone, Stamford WI

## WELLINGORE WI

With a small garden adjacent to the A607, Wellingore WI decided to dedicate this area as a Thank You garden to everyone who has stepped up during the pandemic to lend a hand. It's a thank you to shops, businesses, groups, church, keyworkers, schools and, not forgetting neighbours. A tribute to the great community spirit that helped to keep us all going.



The 'thank you' has been spelt out in items found in a garden shed and brightened with a splash of colour from plants and shrubs.

Kay Zouhair, Wellingore WI

# 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](mailto:fedoffice@lsfwi.org.uk)

We also have two large office desks available. If you would like more information, please email [chair@lsfwi.org.uk](mailto:chair@lsfwi.org.uk) or call Liz on 07969360344



## WANTED

Do you know anyone who provides a PAT testing service? We need all our electrical items in the office tested. If you know of anyone or can recommend someone please contact WI Office: [fedoffice@lsfwi.org.uk](mailto: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.



## EVENT VENUES – CAN YOU HELP?

Do you have a village hall, church hall, community centre in your area that would be suitable for Federation events?

Ideally, we would like venues to have full disabled access, car parking and kitchen. A stage would be even better! Please let us know.....[fedoffice@lsfwi.org.uk](mailto:fedoffice@lsfwi.org.uk)

## *Gilbert & Sullivan Festival - Opera House Buxton*

We have reserved a number of stalls tickets for a performance of the Gilbert & Sullivan comic opera – \*Patience. This comic opera by the famous duo ran for 578 performances!

Date: 4 August at 2pm

The venue is COVID secure.

Tickets are £40 and the event is open to non-members. There is no group transport – you will need to make your own way to Buxton.

Please email: [events@lsfwi.org.uk](mailto:events@lsfwi.org.uk) to reserve your ticket. Payment by BACs is preferred to:

**Account Name:** Lincolnshire South Federation of WIs

**Bank:** Lloyds Bank

**Sort code:** 309089

**Account no:** 43337760

**Reference:** Buxton/ 'your name' [eg: Buxton/janesmith]

Or by cheque to WI Office, payable to LSFWI

**\*Please note: this is a change to the previously advertised performance of HMS Pinafore**

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## *TAYLORS BULBS 2021 - the WI Bulb Scheme*

Attached to this email you will find a brochure and order form from Taylors Bulbs. As you know this local company is a big supporter of not just our Federation but the NFWI nationally. This wonderful collection includes May flowering daffodils to fragrant June flowering alliums. The selection available will inspire you to plan for some additional colour in your garden for next year. The closing date for orders is the end of June.

If you would prefer a hard copy of the brochure, please email WI Office.

It would be appreciated if each WI would nominate a co-ordinator to collect the order and payment from each member. The completed forms can be emailed to WI Office at: [fedoffice@lsfwi.org.uk](mailto:fedoffice@lsfwi.org.uk) or mailed.

Payment can be made by online payment or by cheque. If you require bank details, please let us know.

Our Federation will receive a much-needed contribution from Taylors Bulbs in respect of all orders received.



## *Recipes from the Trustees...*

### **Iced Chocolate Traybake**

Thank you Mary Berry – this is a brilliant recipe and (so far) has never failed me!

4 level tablespoons cocoa powder  
4 tablespoons hot water  
225g softened butter  
225g caster sugar  
275g self-raising flour  
2 level teaspoons baking powder  
4 large eggs  
1 tablespoon milk

#### **For the icing and decoration:**

4 tablespoons apricot jam  
150g plain chocolate  
6 tablespoons water  
350g sifted icing sugar  
1 teaspoon sunflower oil  
Chocolate Flake(s)



- 1 Preheat the oven to 180°C/Fan 160/Gas 4. Grease a 30 x 23 cm traybake or roasting tin, then line the base with baking parchment
- 2 Blend together the cocoa and hot water, allow to cool slightly.
- 3 Measure all the cake ingredients into a large bowl and beat until well blended. Turn the mixture into the prepared tin and level the top
- 4 Bake in pre-heated oven for about 35-40 mins or until the cake has shrunk from the sides of the tin and springs back when pressed with your fingertips. Leave to cool in the tin.
- 5 Make the icing. First, warm the apricot jam in a pan and brush all over the cake. Break the chocolate into pieces and melt in a pan with the water, heating gently until melted and smooth. Leave to cool slightly, then beat in the icing sugar and oil. Pour over the cake and smooth over gently with a palette knife. Leave to set for about 30 mins.
- 6 Cut into 21 pieces and decorate with chocolate flakes.

**Janis Tunaley, Trustee and member of Wellingore WI**

Addendum:

You may have noticed a typo in last month's recipe. The cooking temperatures should have read: Bake at Gas Mark 4, 170°C, 350°F . Apologies for any over baked Lavender cake!



**LAST  
CALL!!**

## Visit to Barnsdale Gardens

2pm Saturday 3<sup>rd</sup> July 2021

£13 for members, £15 for non-members.

Closing date 10 June 2021

To apply for a place, send an e-mail with 'BARNSDALE GARDENS' as the subject to [fedoffice@lsfwi.org.uk](mailto:fedoffice@lsfwi.org.uk) by **10 June 2021** ensuring that you *include your name, WI, contact e-mail, and phone number*.

BACS is the preferred payment method but **DO NOT make a BACS payment until your place is confirmed** when you will be sent the bank details and asked to *pay by 10 June* to secure your place.

If you need to pay by cheque, send your cheque payable to **LSF of WI to WI Office:**

to arrive by 10 June 2021.

*To minimise costs, any WI able to consolidate applications into one cheque should do so.  
Any cheques received where a place is not allocated will be destroyed.*

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## *Climate Ambassadors*



We're pleased to hear that the sale of peat compost will be banned from 2024! Environment Secretary George Eustice has announced a new consultation, to be held by the end of the year, on banning composts made of peat. Many gardeners don't realise that multi-purpose compost, unless it's labelled 'peat free', contains between about 70 per cent and 100 per cent peat. It is estimated that we use a total of three billion litres of peat every year in the UK alone.

The Lincolnshire Wildlife Trust has details of how to be peat free [here](#), with details of where you can buy peat-free compost.

Globally peatlands could contain as much as 644 gigatons of carbon – one-fifth of all the carbon stored in soil on Earth. Not bad for a habitat that stakes a claim to just 3% of the planet's land surface. Peatland is the UK equivalent of the rain forests, absorbing and holding on to greenhouse gases, locking in billions of tonnes of carbon dioxide and methane.

The bad news is that more than 80 percent of UK peatlands are now damaged, and these collectively release 20 million tonnes of carbon dioxide and methane into the atmosphere annually. One tonne of CO<sub>2</sub> is the equivalent of a plane trip to New York and back.

Some ecologists would argue that restoring peatlands is as important for natural habitat and capturing carbon as planting trees and reforestation. Peatlands also help prevent flooding, acting as sponges.

Peatlands are slow to create, only developing at a rate of 1mm per year. This makes them difficult and complex to restore. In Lincolnshire the Bourne North Fen project aims to restore 50 hectares of arable land to lost peat fenland. This is a Lincolnshire Wildlife Trust project and many other projects can be found on the IUCN website [here](#). Peatlands take years to create and consequently many years to restore so our motto must be

**LEAVE PEAT IN THE GROUND!**



**LSFWI Climate Ambassadors**

## MEMBERS ADVISORY COMMITTEE

This week I was invited to attend a WI's annual meeting. We were due to meet outside but unfortunately "rain stopped play". Nevertheless, it was a sign to me that we are turning a corner and some sort of reality is returning. The WI concerned had a Plan B which hopefully will result in us all meeting together next week! Some WIs are planning to meet face to face as soon as they can whilst others are taking a more cautious approach and planning for September. Whatever you decide to do let your Adviser know so we have an idea of who is meeting and when.

Calling all Treasurers – please let us have the affiliation fees as soon as possible. The Federation has missed out on a lot of income and it would really help our finances if you sent them through as soon as you have them.

MCS reps – please make sure that your MCS records are up-to-date. If members are not renewing this year then their names must be removed from the system and obviously new members must be added.

And finally – have you ever wondered what WI Advisers actually do? Or maybe it is a role that you would like to find out more about. If so, you are most welcome to come and sit in on one of our meetings and see what goes on. Our meetings are held

every two months at the Sleaford office (when restrictions allow) with any additional meetings taking place via Zoom. Please email me to find out more – [janerootwi@btinternet.com](mailto:janerootwi@btinternet.com).

Jane Root, MAC chair

## PUBLIC AFFAIRS & EDUCATION

### **“Make a Match, Make a Difference”**

On 20 May, we were fortunate to have a talk by Sarah Gray of DKMS. Her informative presentation really brought home how vital it is to have as many eligible people as possible registered as stem cell donors, to increase the chances of being able to “make a match”. Currently, just 2% of the UK population is registered, so there is always a need for more people to sign up.

After a fascinating insight into the work of DKMS, Sarah showed us a short video, which demonstrated very clearly the impact of that work and how it saves lives (definite mascara warning!!). Do watch it... <https://www.youtube.com/watch?v+4pvPeS9doog>

If you are interested to learn more about becoming a donor, or more about the work DKMS does, visit <https://www.dkms.org.uk/>.

Sarah has kindly shared her presentation with us as an email-able pdf file, so if you would like to see it, please contact the office: [fedoffice@lsfwi.co.uk](mailto:fedoffice@lsfwi.co.uk) and we will send it to you.



## Thurlby and Dole Wood Walk

On Tuesday 18 May twelve members from LSFWIs set off on the second walk organised by the Federation. Led by Liz McIntosh everyone met in the car park of Thurlby Methodist Church before making their way down muddy paths, across fields, over styles and through gates to Dole Wood. The weather was at its best - warm and sunny. The wood was a riot of colour with an abundance of wildflowers: wild garlic, bluebells, cowslips, sweet violets, wood anemone and dog rose to name a few. The paths through the wood are well maintained with even a seat halfway to rest one's weary legs!

The wood is maintained by Lincolnshire Wildlife Trust and is mainly of Oak standards with Hazel Coppice. Birds were in abundance flitting through the trees enjoying the quietness including Great Spotted Woodpecker, Treecreeper, Whitethroat, Blackcap and Willow Warbler. Over 120 species of moth have been identified within the reserve. As well as many species of butterfly.

We continued our walk across more fields heading towards the busy A15 where we ended our walk with a drink at the local hostelry – The Horseshoe. And just as we sat down the weather changed and the rain came!



Shelagh Coates,  
Trustee and Carlby WI

# 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>Fri 25 June</i>	<i>Frampton Marsh</i>	<i>3 or 4½ miles</i>	<i>FRAM25JUN</i>	<i>Tue 15 Jun</i>
<i>Thu 15 July</i>	<i>S&amp;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](mailto: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.**

Lincolnshire South Federation of WIs

**'TAKE A CHANCE DRAW'**

*June 2021 -May 2022*

Why not try your luck?

Winners drawn 11 times a year (monthly except August)  
with an extra draw at the Federation Annual Meeting

Half of the monies raised will be used for prizes, the other half will be used to support the Federation.

**Only £5.00 per application**

Each applicant will be allocated one number for each £5 payment.

All allocated numbers will be entered into each draw.

To comply with Charity Commission law, only applications from individual members can be accepted.

To apply, please complete the form below and return to the WI Office **before 4 June 2021**. Applications by email to: [fedoffice@lsfwi.org.uk](mailto:fedoffice@lsfwi.org.uk) or by post to the address below.

Where possible please send your payment by online banking to:

**Account Name:** Lincolnshire South Federation of WIs

**Bank:** Lloyds Bank

**Sort code:** 309089

**Account no:** 43337760

**Reference:** TAC/ 'your name' [Eg: TAC/janesmith]

**[NB: You must add this reference so we know who has applied]**

***If paying by cheque***, please make payable to: **LSF of WI**

and send form and payment to:

Federation Secretary, WI Office, Pattinson House,

Oak Park, East Road, Sleaford, Lincs NG34 7EQ

Upon receipt of application, we will email your membership card and rules

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**Take a Chance 2021-2022**

Closing date 4 Jun 2021

Name & Address: .....  
..... Post code: .....

Your Email: .....WI .....

I enclose payment of £ ..... for ..... applications.