



Lincs South Federation News

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Issue 70

Hello

As we embark upon week 7 of our lockdown, do you find that you are becoming more used to the enforced changes or are you just waiting for the relaxation of the rules, so that you can get on with life? I've been surprised at the things I haven't missed – mainly shopping. I thought I enjoyed browsing around a store, but I can honestly say that I will review my shopping habits once restrictions are lifted.

If you have received this months WI Life you will see that NFWI Chair, Lynne is encouraging us to look forward and to 'keep our eyes on the horizon' which is a sound piece of advice. So, make plans for the future whether it's planning a new look for your garden with the help of flowers from Taylors Bulbs, or planning an event with WI friends keep your focus firmly on the horizon

Stay home, stay safe

Best wishes

Liz



PIC-COLLAGE

**Spring flower pictures from around our area.
Please keep sending your photos in for us to share: fedoffice@lsfwi.org.uk**



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Creative Craft and Cookery

Those of you who, like me, are crafty have possibly been sorting out all your craft bits and pieces with the comment "I did not realise I had so much" or "I really must finish that" after finding an unfinished item at the back or bottom of everything else. Well, with extra time on your hands, you could do just that and finish it! You may have things you no longer need, ie an odd ball of wool, some embroidery thread, pieces of material. Why don't you ask around locally, as this could be just the thing that someone needs and as all the shops are closed you will have helped someone with their craft work. If you are like my husband and collect all the free seeds that come with magazines at this time of year and you do not have use for them, don't just throw them in the bin. Post them with a little note to someone who could make use of them; you never know, you may get a little surprise later in the year.

Best wishes Debbie and team

Foston WI

Easter Bonnet Parade



The ever resourceful Foston WI held a virtual Easter bonnet parade with members posting pictures of their very stylish bonnets. They have also set up a WhatsApp Support group where members post daily. The items include availability of supermarket delivery slots, quizzes and uplifting words

It is with sadness that I am writing this article. CYNTHIA PEARSON passed away on Monday 27th April aged 94 years. She was a stalwart member of The WI, spending many many years as Chairman of Home Economics (which is now known as Creative Craft and Cookery). She was also on the Executive Board (which is now known as the Board of Trustees) and was also Vice County Chairman.

WI was her life. She organised the catering for the Lincolnshire Show and gave many fund-raising garden parties when she lived at The Grange in Frieston. She was a very talented lady. All types of craft work and cake decorating were her forte. If you asked Cynthia to make a cake she always made six. Along with a friend she made the cake for our 40th year celebration.

She was a founder member of Burton Corner WI, some 49 years ago and was indeed their first secretary. Over the last four years ill health has prevented her from attending the meetings but she was a fully paid up member and her support and interest never faded. It is sad that those of us who knew Cynthia will not be able to pay our respects in the usual manner, but at this very sad time condolences go out to all her family and those of us who held her dear.

SANDRA OVERTON
Past President of Burton Corner WI



You will recall that we asked all the WIs in our Federation to complete a survey about the bus services available within the area covered by Lincolnshire South. We were delighted to have a fantastic 60% response rate. The results were displayed at our Annual Meeting at Springfields in March but for those who didn't have the opportunity to see them, here are the main points of analysis. Thank you very much to all the WIs who responded, your input was much appreciated.

Our Federation survey showed:

- Services are under constant threat of being cut – there are recent examples in our communities
- Often significant walk to bus stop (1 mile +) – impacts children, less able and older people
- Some communities rely entirely on Call Connect services
- Some commercial services run only one service once a week or even once a month
- Virtually no services at weekends, especially on Sundays
- Services that do run are not always fit for purpose:
 - Insufficient time at destination
 - No integration with other public transport services (eg trains)
 - Last buses are often very early (most before 6.15pm), impacting on social activities
- **Call Connect** available to most rural communities
 - Fixed and flexible routes
 - Bookable by telephone and on-line
 - Bus passes may be used
- Few charity/volunteer schemes

HM Government has pledged £5bn over next five years to improve bus (and cycling) services. Our survey shows how necessary this is, especially for rural communities

In the last newsletter we mentioned "**For the Love of Scrubs**"

Originally formed via one Facebook page "For the Love of Scrubs" has resulted in several localised individual ScrubHubs appearing on Facebook.



<https://www.facebook.com/groups/FTOSLincs/>

For the Love of Scrubs – Lincolnshire is the official subgroup for Lincolnshire. Its focus is to provide the United Lincolnshire Hospitals NHS Trust with scrubs and other accessories - headbands, hats, scrub bags. Volunteers are making and delivering scrubs to the NHS wherever they are needed within the county. FLOS Lincs is working closely with the NHS to ensure the scrubs made by volunteers meet the NHS specifications and are delivered safely.

If you do not sew there are other ways that you can help. Fabric and accessories are needed - buttons, tape, thread, wallpaper for cutting patterns, unpicking.

I have a contact for scrub patterns in all sizes and accessories but extra patterns maybe needed so if you don't sew perhaps you might like to volunteer to cut patterns from a template.

Fabric needs to be cotton, poly-cotton or linen and must be suitable to be washed at 60°. Fabric for the scrubs must not be too thin. Check by holding up to the light so you can't see through - the nurses don't want you to see their knickers. Trousers to be tied by tape not elastic.

Scrub bags also need to be washed at 60° and of a material that does not run in a hot wash. The finished size required is 20" x 25". Old pillowcases are fine. They need a drawstring tie which can be cotton tape or made from the excess bag fabric.

If you would like further information and would like to help in any way do please let me know so that I can set the ball rolling.

The NHS NEEDS YOU!

Many of our members have already taken this challenge on board. We would love to see what you have been able to do. Please send us photos to: fedoffice@lsfwi.org.uk.



Ropsley and District WI, along with some of the other ladies in their village, have made a huge effort to help in this crisis by making 100 bags for scrubs each one of which had to be washed, ironed and individually bagged. The ladies have now moved on to making scrubs and made 12 sets in the first two days.

This recipe is from trustee Margaret Hawkins:

Fruit Loaf (Suitable for a GI Diet)		<i>Makes 2 x 1lb loaves</i>	<i>Approx. 16 slices/loaf</i>
400 gms.	Mixed Dried Fruit	350 gms	Plain Wholemeal Flour
110 gms.	Chopped Dried Apricots	2 tsps	Baking Powder
125 gms.	Chopped Dates	2 tsps	Ground Mixed Spice
425 mls.	Water	50 gms	Light Muscovado Sugar
2	Tea Bags	25 gms	Butter
2	Medium Eggs		

- Put all fruit, tea bags and butter into a pan with the water.
- Bring to boil and simmer for 5 minutes. Allow to cool and put into mixing bowl.
- Pre-heat oven to 160°C./ 325°F./ Gas Mark 3.
- Grease and line both tins.
- Add rest of ingredients to those in the mixing bowl and stir well.
- Divide into the 2 tins and level the top.
- Bake for 50 – 60 minutes until firm to the touch.
- Remove from oven, cool in the tin. When cold remove from tin.
- This fruit loaf also freezes well.



Do you have plans to celebrate VE Day on 8 May?

There are many tools available to help you join in with the commemoration on

<https://ve-vjday75.gov.uk/toolkit/> .

The tools include bunting, posters and many other items to get you in the mood to celebrate. There are also details on the Royal British Legion website (<https://www.britishlegion.org.uk>).

A poster is attached for you to display

To keep you entertained the **Members Advisory** team has created the following quiz for you. The answers can be found on page 8.

Make the Connection

1. Which is the most southerly racecourse in Britain?
2. Who or what sang in Berkeley Square?
3. Which bird has the name Troglodytes Troglodytes?
4. Which New Zealand psychologist is married to Billy Connolly?
5. Which Womble shares its name with a New Zealand city?
6. Which type of cage stops electro-magnetic energy getting in, or in the case of a microwave oven, getting out?
7. Which city is the capital of the Australian Northern Territories?
8. Which novelists work include The Lair, Making History and the Stars' Tennis Balls?
9. Which rock group had albums named after the Marx Bros movies, A Night at the Opera and A Day at the Races?
10. And finally, make the connection for all of the above answers

Know your body??

1. How many times a day does the heart beat?
2. Which bone is a baby born without?
3. What is the body's large organ?
4. What kind of cells are found in the brain?

TAYLORS BULBS – the WI Bulb Scheme

Attached to this email you will find a brochure 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. If each WI nominates a co-ordinator to collect the order and payment from each member the completed forms can be emailed to federation office at: 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. Federation will receive a much needed contribution from Taylors Bulbs

Kathleen O'Meara's poem,
'And People Stayed Home,' written in 1869.

And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper
someone meditated
someone prayed
someone danced
someone met their shadow
and people began to think differently
and people healed
and in the absence of people who lived in
ignorant ways,
dangerous, meaningless and heartless,
even the earth began to heal
and when the danger ended
and people found each other
grieved for the dead people
and they made new choices
and dreamed of new visions
and created new ways of life
and healed the earth completely
just as they were healed themselves.

TAKE A CHANCE

You will have received an application form in the March mailing for your members to be a part of this monthly draw.

Don't forget first prize is £20 with two other prizes of £10 each!

April's winners are shown on page 8

CLIMATE AMBASSADORS

None of us can fail to be amazed by the reports of the reduction in air pollution and the speed at which our world appears to have made some recovery. This gives us an idea of what the world would look like without the impact of fossil fuels. Whilst this reprieve will no doubt be temporary once we return to a more 'normal' lifestyle, this is your opportunity to investigate using green energy. There are suppliers now who guarantee that all their electricity is from renewable sources and that their gas is carbon offset.



Why not do it now!





The winners of the April Take a Chance draw are:

1. Sally Fielder – Gonerby Hill Foot WI
2. Mrs K Parkes – Deeping St James WI
3. Janet Coles – Gedney Hill WI

Staying in touch.....

I don't know about you, but ZOOM is an ice lolly that I had at Saturday morning cinema. Now it is a good way of keeping in touch with friends, family and WI members. Why not try a virtual coffee morning? You can access Zoom with either a smartphone, tablet or laptop. If you need any help please get in touch. There are many other methods including Facetime, Skype, WhatsApp etc that work in the same way.

However, nothing beats (in my opinion) a phone call. A chat with a friend restores your well being and keeps you in touch.

Quiz answers:

Make a connection

- 1 **Newton** Abbot
- 2 **Nightingale**
- 3 **Wren**
- 4 Pamela **Stephenson**
- 5 **Wellington**
- 6 **Faraday**
- 7 Stephen **Fry**
- 8 **Darwin**
- 9 **Queen**
- 10 The connection is that people with at least part of the above names (shown in bold) have appeared on UK bank notes.

Know your body?

- 1 More than 100,000
- 2 The kneecap
- 3 The skin
- 4 Neurons

LADY DENMAN CUP

Please note the closing date for this competition has been amended to

18 September 2020

Full details of the competition can be found at:

<https://mywi.thewi.org.uk/interests/culture-and-science/lady-denman-cup-competition>

A copy of the revised entry form is attached.