



Lincs South Federation News

June 2020

Issue 71

Hello

Whilst looking for the positives that may result from this period of lockdown the following has occurred to me:

- I've spent more time having proper conversations with friends and family, either by 'phone or by Zoom etc. Not just quick catch ups – hour long chats discussing everything from the weather to the latest Government update.
- I'm spending more time watching the wildlife in my garden. I can tell you how many birds' nests we have and how many blackbirds have fledged. Watching big fat wood pigeons using our bird bath as a plunge pool is hilarious.
- I've ticked jobs off my never ending 'to do' list – and more importantly I've enjoyed doing them.

Nothing can detract from the heartbreak of the stories of sadness we've all heard, but sometimes we need to focus on the positive.

Stay well, stay safe

Best wishes

Liz



Cliff edge views from Wellingore
by Jan Banks Wellingore WI



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TAKE A CHANCE

Attached is the flyer for you to take part in this draw. You can apply by email with your name, address and WI details and send your payment by online banking.

Alternatively, you can apply by post



Did you know....?

Denman College has launched
“Denman at Home”

There are talks by Simon Gregor, baking with Kelly Mauger and cooking with Bhavini Mistry. All courses are available on YouTube via Denman’s Facebook page. Ingredients and method for cooking courses are published in advance. Courses are repeated if you miss them first time round.

NFWI NEWS

We are pleased to announce that the 2021 NFWI Annual Meeting will be held **at the Royal Albert Hall in London on Monday 19 April 2021.** As this year’s NFWI Annual Meeting had been due to take place at the Royal Albert Hall, we are delighted to have been able to secure a date for 2021. Next year is also the Royal Albert Hall’s 150th anniversary so it is a particularly special year for us to be part of their calendar of events.

Further details will follow as soon as possible.

Lady Denman Cup Competition 2020

“What I heard on the bus”

Closing date extended to 18 September.
 Entry form attached.

The Great Get Together

We’re pleased to say that **the Great Get Together** is back on but in a different form to comply with Government social distancing guidance. Over the June 19-21 weekend, you can get involved in lots of ways, such as by organising a telephone tree in your WI, setting up a WhatsApp group for people in your street to stay connected or calling someone you haven’t spoken to in a while.

If you or your WI will be taking part, please do get in touch and let us know your plans by emailing: fedoffice@lsfwi.org.uk.

PUBLIC AFFAIRS & EDUCATION

We know you have all been wondering how the Resolution process will take place this year, since the Annual General Meeting in June has been cancelled. The NFWI Board of Trustees has decided that the two resolutions which topped the selection list voted by members at the beginning of this year will be taken forward as the resolutions for 2020. Federations, WIs and members may now campaign on these issues.

As a reminder, the two resolutions are summarised below. More information is available on MyWI and ideas for campaign action will follow soon.

A Call to increase potential stem cell donor registration

(38,280 votes)

For someone with a blood cancer a stem cell transplant from a matching donor is probably their last chance of survival. A successful result provides an opportunity of a second chance of life.

Research shows that young healthy people aged 16 - 30 are the best bone marrow and stem cells donors as they have fewer health conditions (diabetes, heart disease). In particular young men are urgently needed as they produce more stem cells than women but only account for a small percentage on the register.

It is so important that the young understand how essential it is to join the register.

Spread the Word

End Modern Slavery (35,395 votes)

Modern slavery is a disgusting and hidden crime. Slavery involves the use of force, fraud or coercion to obtain a type of work or sex act against the will of the person trafficked for personal or commercial financial gain.

Traffickers manipulate using violence, false promises of well-paid jobs, romantic relationships. Victims can be men, women and children of all ages, race and nationalities. They are kept in a world where human life is cheap and everything else is expensive. The vulnerable are targeted – poverty, lack of education, drug and alcohol dependency.

It is a crime happening in our communities – car wash, nail bars, takeaways, construction, hospitality, agriculture and farming, sex workers, young children selling drugs for country wide gangs. Many cases of human trafficking are undetected and unreported.

Awareness can result in giving a victim Freedom

It is with sadness that I inform you that former President of Frampton WI, Val Halgarth sadly passed away on Friday 8th May at Pilgrim Hospital. Val had been unwell for the past few years and had to give up her WI membership two years ago.

Ladies in other WIs may have known Val as she attended Federation events and was also a keen crafter, exhibiting her work at local craft fairs. Val established the Frampton Craft Fair over 20 years ago and was a dedicated fundraiser for both of our local churches. Those of you that knew her will agree that she will be sadly missed.

Carol Patrick, Frampton WI

From Your Advisers...

A Reminder to Treasurers....

If you haven't already done so, please do send in your financial statement and, if prepared, the Committee's report. We know some WIs will not have had their Annual Meeting but if the report is ready, we would like to have it please.

MCS

Now is the perfect time to make sure your MCS entries are all up to date. Please ensure all new members have been added so that they receive their WI Life magazine! If you have any queries about the MCS, please do contact your Adviser.



Many of us enjoyed the VE Day commemorations, whilst physically distancing. Here are just a few pictures from Rippingdale and Long Bennington WIs.

MyWI

Have you looked at **MyWI** recently?

Apart from many craft and cookery items there are some new additions to the items on offer.

- These include a Pilates class – so far there are two YouTube videos of about 15 minutes each providing you with an introduction to this exercise.

<https://mywi.thewi.org.uk/interests/sport-and-wellbeing/pilates-lets-get-moving!>

- Are you involved in providing and foodstuffs for others during the pandemic? Included on MyWI is food safety information specifically created for the COVID-19 crisis by the Food Standards Agency.

<https://mywi.thewi.org.uk/interests/food-and-cookery/food-safety/covid-19-food-safety>

One of the many cookery items is this Avocado and Pea Dip taken from the Menu of the Month

Ingredients

- 1 avocado, taken out of its shell and stone removed
- 4 spring onions, trimmed
- 1 mug of thawed frozen green peas (it really doesn't matter how big or small, just a mug that you would make a friend a cup of tea with)
- juice of ½ lemon
- 1 garlic clove, crushed
- 1 tablespoon tahini or plain yoghurt (which ever you have in)
- small bunch of fresh mint, about 20 leaves (if you don't have mint but have coriander or parsley you can substitute it or even leave it out)
- pinch each of ground cumin, sea salt and black pepper
- 1 tbs olive oil

Method

1. This is so easy to make - literally but everything in a blender or food processor and blitz until smooth.
2. It really needs to be eaten on the day but will keep for 24 hours in the fridge.
3. Enjoy the dip with tortilla chips, warm pitta bread, garlic bread or add it to toast and put bacon or a poached egg on top for a breakfast fit for a queen.
4. You can use it as a base for a fajita tea.
5. Omit the yogurt for a vegan dish.

<https://mywi.thewi.org.uk/interests/food-and-cookery/menu-of-the-month>

Take a video tour of art history's female protagonists

From teenage prodigies to a botanical expert commanding higher prices in her day than Rembrandt, find out more about some of the women artists in the collection and their pioneering paintings and careers.

<https://mywi.thewi.org.uk/interests/latest-news-and-events/meet-art-historys-female-protagonists>

TAYLORS 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.

Please nominate a co-ordinator to collect the order for your WI and email it to the federation office at:

fedoffice@lsfwi.org.uk or send by post.

We will contact you for payment once the orders have been finalised.

Taylors have agreed to take orders up to the end of June.



CLIMATE AMBASSADORS



CARE REPAIR REWEAR

1,130,000 tonnes of clothing
purchased in the UK in 2016
producing a carbon footprint of 26.2
million tonnes CO₂e

10,000 litres

of water is used to produce
6 cotton t-shirts

Let's buy less and wear longer – the
most sustainable item of clothing is –
the one already in your wardrobe!

#loveyourclothes

Check out wrap.org.uk for more
information



Many of the LSFWI members are supporting the initiative of FLOS and making scrubs, hats and laundry bags for healthcare workers.

More details of the ongoing requirements can be found at:

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

Others are knitting/crocheting for neo-natal baby units. These items include hats, blankets and canula covers.

If you need patterns for these items or the trauma teddies that we featured in our earlier newsletter please email.

Don't forget to send us pictures of how you have been keeping busy during lockdown.