



Lincs South Federation News

October 2020

Issue 74

Hello

As we approach the start of a new month, we have new rules, in what feels like another rapidly changing situation. I'm sure that like me, if you cast your mind back to March, we all hoped that this would be a relatively short-lived phenomenon and that life would soon return to normal. Sometimes I feel that it is difficult to get beyond the virus, but happily some things in life do continue as before.

Nature continues to surprise us with a few warm sunny days, just as we were anticipating the onset of Autumn. The hedgerows are brimming with hips and my neighbour's tree is abundant with bright red crab apples. Whilst it is definitely not 'business as usual' it is reassuring to have something we can rely on!

Best wishes
Liz



LSFWI Chairman

lmcintoshwi@gmail.com

07969360344

COMPETITION!



Share with us your impression of Autumn

Whether it's a muddy lane, abundant hedgerow, your favourite comfort food or anything else that says 'Autumn' to you, we would like to see it!

The rules are:

- One entry per WI member
- All entries to be submitted as a photograph (jpeg, png etc) by email to: fedoffice@lsfwi.co.uk
- Make sure you tell us which WI you are a member of
- Closing date for entries: 31 October 2020
- Winner will be notified via email by 20 November 2020
- The top three entries will be featured on our website, social media pages and in the newsletter.

Good luck!!

TAKE A CHANCE

September winners:

- Karen Davies – Tollgate WI
- Sue Pengelly – Gosberton WI
- Shirley Richards – Deeping St James WI

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October offers a host of online classes including:

Playing with Knives – history and techniques of paper cutting

History and highlights of Kew Gardens

Cobweb felt scarf making

Virtual walks and talks from the street art of London to British Piers

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

Check out the availability at:

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

NFWI NEWS
Latest news items on MyWI:

KEEP CONNECTED

At a time where so much focus has been on connecting online, NFWI wants to provide members with the means to connect tangibly. You will have seen the note for members to cut out of the September edition of WI Life, fill in with fun facts and send to a fellow member. So, get involved and keep connected! You might just make someone's day. An extra copy of the Keep Connected form is at the end of this newsletter.

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Everyone is welcome to subscribe to this newsletter, whether you're a member or not, so please spread the word and encourage others to subscribe! You can sign up to receive the newsletter directly to your inbox each month by visiting:

Would you like to receive an e-update from Public Affairs?

Everyone is welcome to subscribe to this newsletter, whether you're a member or not, so please spread the word and encourage others to subscribe! You can sign up to receive the newsletter directly to your inbox each month by visiting:

<http://www.thewi.org.uk/media-centre>

If you pre-ordered a diary you may now collect it from the office. Alternatively, it can be posted. Please contact the office for postage costs. The cost is £5.10 for each diary.

We have a limited supply of spare diaries. If you would like one, please contact the office: fedoffice@lsfwi.org.uk

NFWI 2021 Diary

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We have a limited supply of spare diaries. If you would like one, please contact the office: fedoffice@lsfwf.org.uk

The office is open Monday and Tuesday between 9.30am and 2pm

ZOOM - RED TRACTOR EVENT

7pm WEDNESDAY 14 OCTOBER

A presentation by Sue Brotherhood

Sue, who is a member of Langtoft WI is an independent auditor, contracted to work for Lloyds Register on behalf of Red Tractor. Sue will share with us some insights into what is behind this well known logo.

The talk will last about 30 minutes with an opportunity for a brief Q&A session.

If you would like to take part in this event please email the office for an invitation: fedoffice@lsfwi.org.uk



Don't miss a copy of the Federation News

If you would like a copy of all subsequent newsletters straight to your inbox, please email the office with your details. Please include the name of your WI.

Send to: info@lsfwi.org.uk

If you need back copies of the Federation news these are available on our NFWI website page: <https://lincolnshire-south.thewi.org.uk/federation-newsletters>

CHAIRMAN'S CHALLENGE 2020

Don't forget to start compiling your entry for our challenge!

We are looking for a programme that:

- ❖ covers a full year
- ❖ is well laid out
- ❖ covers all relevant information,
- ❖ is well designed and
- ❖ encourages members to participate.

It can be your current programme, from a previous year or even an imaginary one – the choice is yours!

Hints and help can be found on MyWI at:

<https://mywi.thewi.org.uk/running-your-wi/how-to-create-your-wi-programme/events-calendar>

Entries with the £10 entry fee must be submitted to Federation office by 31 January 2021

Note to secretaries:

You will recently have received the latest Year Book by email. This can also be sent in Word so that it can be updated.

A hard copy which can be supplied by post is also available

Please let the office know:

fedoffice@lsfwi.org.uk

PUBLIC AFFAIRS & EDUCATION

COMBATting DOMESTIC ABUSE IN RURAL LINCOLNSHIRE



As WI members know from the article in the September edition of WI Life, one of the outcomes of the Covid-19 lockdown has been a big spike in the number of families fleeing domestic abuse and seeking safe refuge, which still continues. Alongside this, around a quarter of refugees felt they could not admit new families during lockdown, putting further pressure on those who continued to take referrals.

SoLDAS (South Lincolnshire Domestic Abuse Service), delivered by Boston Women's Aid, took the opposite view. This front-line charity, established in 1987, works across very rural districts, especially in South Holland and Boston Borough, though some projects cover the whole county.

As well as keeping both its refuges open (and full!) SoLDAS has secured three additional houses for refuge and is currently getting these fitted out ready for victims and their children.

Operations Manager Sarah Smith said: "One direct effect of Covid-19 has been a sharp rise in the numbers of referrals for refuge provision. Whilst SoLDAS normally receives donations from individuals and groups that are sufficient to supply the needs of families in refuge – food, toiletries, nappies, feminine care, household items, and clothes – this ceased due to lockdown.

Families fleeing abuse arrive often with just the clothes they are wearing, and no access to funds; it then takes four weeks at least before Universal Credit payments start, so unless the charity can provide everything the family needs, they cannot live.

Our response to the Covid-19 emergency was dramatic and fast; the team shifted focus to resourcing the increase in calls for help and advice, the extra pressure on refuge places, and the much higher levels of child trauma seen in these families.

Without the support of local groups and people we could not be able to give this help."

Any WI which wishes to support SoLDAS might like to consider donating vouchers from key supermarkets. These allow people dignity by giving them funds to buy necessities for themselves and their children. For other donations please contact Cara at caraw@bostonwa.co.uk as storage space is very limited and they are targeting specific needs at present.

Further information can be obtained from:

Marie Chapman, Funding and Development Manager. E: bwafunding@outlook.com

M: 07510226107

WE'VE MOVED!!

Don't worry, we haven't moved very far – just along the corridor into two rooms next door to our previous rooms!

The two new rooms will hopefully better suit our needs for the future. One offers a bigger space where we hope to be able to offer workshops.

The office is in the next-door room. The contact details are unchanged.

The office is currently only open on Monday and Tuesday from 9.30am to 2.30pm. With effect from 1st November the office will also be open on a Wednesday.

STAFF MATTERS

At the end of September, we said goodbye to Sue, our stalwart Finance Secretary. Sue had wanted to retire at the end of March but gallantly agreed to stay on during lockdown to help us out.

Our new Finance Secretary is **Carole**, who is a member of Foston WI. She will work on Tuesdays, alongside Tracey in the office.

We are all looking forward to working with Carole.



FIVE YEAR STRATEGIC PLAN

This was launched on 'WI Day', on 16th September, the 105th anniversary since the WI was formed in Britain. As we celebrate 105 years of inspiring women and leading change, let's look forward to the next 105 years.

NFWI Vision

We aim to be an organisation of choice for all women, building on our past successes and the strength of our current membership and influence to ensure a sustainable and strong future for the WI.

Vision statement 1: Bold and Inspiring

We will be a bold voice representing all women and the communities in which they live.

Vision statement 2: Growing and Relevant

We will work together to continually promote the achievements of our organisation, reach more women and grow our membership.

Vision statement 3: Inclusive

Our membership will reflect our local communities and we will represent women from all backgrounds through the work we do.

Vision statement 4: Flexible

We will remove any practical barriers to women supporting us by offering flexible ways they can engage with what we do.

RECIPES

Using up windfall apples or a glut of courgettes

Jane's Patent Chutney recipe

Needs a huge pot/casserole with lid. (borrow one!)

Approx 6lbs peeled and chopped courgettes (Or cooking apples or mixture of both)

1 kilo bag sultanas or raisins

3 large onions chopped (optional, you can soften these first in a little oil)

1 bottle Cider vinegar (750ml, I think)

1lb Muscovado sugar (gives excellent flavour)

4 tsp salt

Small amount of cooking oil

Spices: (this is what I use - experiment for yourself)

3 heaped tablespoons ground cardamom

3 heaped tablespoons ground ginger

1 heaped tablespoon ground coriander

1 heaped tablespoon ground turmeric

2 heaped tablespoons ground cumin

Method:

Soften onions if doing so. Depends on how crisp/strong flavoured they are.

Fry spices in a little oil till aromas released.

Put everything in a huge pot and stir to mix.

Cooking:

Put in oven at 150C for 4 hours appx, till all cooked through and flavours well blended.

This long slow cooking means that the chutney can be eaten immediately - no waiting 6 months to mature.

The apple/courgette juice will swell the sultanas and the mixture will end up a rich brown.

Pot up in screw top jars using e.g. jam pot covers to keep metal away from vinegar mixture. I think it keeps for a long time, but we keep eating ours...



Jane Ford
Claypole & District WI

CHOCOLATE TIFFIN

Ingredients

110g butter

2 tbsps sugar

2 tbsps golden syrup

4 tps cocoa

225g Rich Tea biscuits crushed

1 handful of raisins

400g chocolate – half milk/half dark



Method

In a saucepan melt butter, sugar, syrup and cocoa

Add biscuits and raisins when melted. Stir
Pour mixture into a 20 x 30cm tin and press down. Melt the chocolate and pour over the mixture.

Pop in fridge for 1 hour to set. Cut into 20 pieces

Debbie Venn
Creative Crafts and Cookery

WITHAM ON THE HILL WI

Witham on the Hill WI was pleased to have a dry but unfortunately a little chilly evening for its outdoor meeting in August. Everyone brought their own chairs and there was lots to catch up on as this was our first meeting since March. Many of our members have been knitting and sewing headbands, uniform bags and scrubs for the NHS and learning new technology skills just so they can communicate with their family and friends. During lockdown we have been setting quizzes for our members. August's quiz was a logo quiz and September's was about the month September.

The September meeting was held in the Church as it gave us space to be socially distanced. We were definitely on-message as one of the national WI resolutions is to End Modern Slavery and Duncan Brock came to talk to us about this. He works for the Chartered Institute of Procurement and Supply, which educates people to be aware of good practice in the supply chain. He explained Modern Slavery is when people are forced to work, owned, controlled, dehumanised, not free to move around, badly fed and clothed, housed in poor conditions, paid a very low wage, and often have their passports taken away. In 2015 a parliamentary act tried to address the situation but with limited success. Companies with an income of £36m must produce a statement about modern slavery, but only 70% have done so. One of the highest risk industries is mobile phones from mining of the metals and child labour in the assembly of the phone. The next highest risk area is clothing manufacture, mainly in Asia, but also Leicester! Other problem areas are car washes & farming in UK. The consumer has to make the difference by not purchasing goods that are too cheap!

Duncan left us with a quote from William Wilberforce: *You may choose to look the other way, but you can never say you did not know*

MEMBERS ADVISORY COMMITTEE

My own WI managed to hold our first "proper" meeting in September, and we were very much looking forward to our October get together and indeed had plans for the remainder of the year. Of course all that is now on hold so like all WIs we are having to think "outside the box". As we move into Autumn it is more important than ever that we keep in touch with each other.

There is nothing to compare to a face to face meeting – albeit behind masks – but I understand that many WIs are getting together via Zoom, whether it is a monthly quiz, a book group meeting or craft session. Those of you who are familiar with MyWI might like to suggest to your members that they see what is on offer. The information on there is not just about how to run your WI. There are a host of interesting courses available on the Denman website. The building may no longer be operational but there are many sessions that you can sign up to. South Kyme members have been doing just that and have enjoyed many of the opportunities on offer.

But not everyone is willing or able to use the internet. So, I am proposing that we go back to the pre-internet days when we used a telephone or wrote a letter or just sent a card. I have a friend who often sends me information through the post. I love receiving her correspondence – she has lovely handwriting and uses a fountain pen. Of course she could have texted or emailed me but a letter is so much more appreciated. So I am suggesting that each committee member sends a card to another member to remind them that the WI is still there for them and we will all meet again soon.

Jane Root MAC Chairman



Chunky Crochet Storage Basket

Crocheting with chunky yarn is so satisfying as your works grows fast!



You will need:

- 100m of the 9mm recycled cotton yarn from Bobbiny (or your own choice of yarn to the equivalent thickness – use two ends of recycled jersey yarn for a sturdy basket or ply up your favourite yarn until you have a similar 9mm thickness).
- 15mm crochet hook – which is smaller than the recommended size for this yarn, as you need a rigid construction for the basket.
- A contrast piece of yarn as a stitch marker

Abbreviations:

bl: back loop; **dc:** double crochet; **ss:** slipstitch; **st:** stitch; **yo:** yarn over

Skill level: Beginner

This Crochet Storage Basket is a quick and easy project to create... and can be used for so many things: as a bag, a pot for a plant, on the allotment, toy storage or for your yarn stash! Once finished, your Crochet Storage Basket is sure to make a lovely addition to your home, or a gift for a friend, handmade by you!

Finished size: Approximately: 40cm-wide by 30cm high.

First, make a Magic Circle (loop): Wrap the yarn around your left hand (if you are right handed – use opposite hand if left handed) so the yarn makes an X design – leave a tail of yarn approx. 5cm to weave in when finished.

Take your crochet hook and insert through the middle of the circle then around the second loop of the circle pulling back to creating a stitch on the hook.

Next yarn over with your working yarn and pull it through the loop on your hook. You have just created your magic circle!

Now you'll need to dc your stitches (ROW 1) into the magic circle sandwiching the tail end of yarn and yarn forming the circle.

ROW 1. dc 10 into magic circle. Insert your hook into the centre of the circle, yo & pull back to create 2nd stitch. Repeat until you have 10 stitches; join the first and last stitch with a ss closing the circle. Pull the tail end, which will help close the magic circle.

ROW 2. In this row you will be increasing st from 10 to 20 stitches. Place yarn in front of the hook as a marker. Work 2 dc working only in the bl of each stitch in the next 9 following stitches (20 sts). Move marker up at end of each row.

ROW 3. 20-30 st. *1 dc in next stitch working only in bl of each the stitch, 2 dc in bl next stitch.** Repeat from * -** until you have 30 st(s).

ROW 4. 30 -40 st. ***1 dc in next stitch 2 stitches working only in bl of each the stitch, 2 dc in bl next stitch.**** Repeat from *** -**** until you have 40 st(s).

ROWS 5 - 11. dc in each st working only in bl (40 sts). Work should measure approximately 24cm

ROW 12. Creating the handles.

Dc 8 st, working only in bl, then *****chain 7 st Image 17 (for the handle) then re-join the chain to the 6th st (leaving 5 st for the opening) along from the base of the chain***** Images 18 & 19. dc 15 st working only in bl & repeat steps ***** - ***** for the other handle. Dc 7st to finish the row.

ROW 13. Final row. dc st, working only in bl (44 st).

Finishing - Weaving in ends

Cut the end leaving 10cm to weave in. Then if using the 9mm cord, pull back outer knitted casing of the cord & trim back the inner casing (this will make it easier to weave in. Do this also for the tail end of yarn you started with at the beginning, when creating your magic circle.

Take the yarn that is coming out from the centre of the last stitch and loop it through the first stitch on the previous row, inserting it back into the centre of the last stitch.

Weave this yarn in along the inside of the basket (as this will not be seen from outside).

Turn your basket inside out. Pull the original end of the yarn that you started your magic ring to close a little tighter & then weave in and out underneath the basket.

Congratulations, you've completed your project!

Full instructions with pictures to assist can be found at:

<https://mywi.thewi.org.uk/interests/craft/project-library/knitting-and-crochet/chunky-crochet-storage-basket>



ROPSLEY & DISTRICT WI

For the WI's 105th Anniversary on 16th September, **Ropsley and District WI** wanted to do something positive for the community. As a WI we love to work on topics that our members feel strongly about. The WI campaign of No Violence Against Women is one of these and another is holiday hunger - having been shocked last year when we realised that this is not just an inner-city issue but impacts us in rural villages too.

We decided to make collections for Newark Women's Refuge and for the Grantham Foodbank. With the Covid-19 regulations limiting community activities, we decided to have a cake sale with the collections for the Refuge and Foodbank alongside. We started our PR campaign – Facebook pages, the local school, the church, neighbouring WIs whose communities would use the Refuge and the Foodbank, as well as posters around the village just in time for the government to tighten the restrictions to a maximum of six.



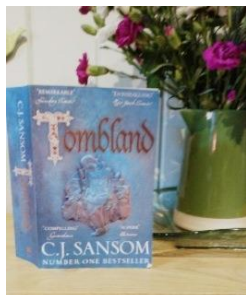
START AGAIN! Although we knew that we could limit the numbers to six at any given time, going ahead with a cake sale did not feel responsible in the circumstances. We decided to drop that but extend the collection time and have several collection points because we were worried that we would not get the response that we were hoping for.

We shouldn't have worried; the response was phenomenal! **Foston and**

Colsterworth WIs both brought huge donations and when we started to make the collections from the points around the villages, we began to realise just how huge the response was. Plans of posting a photograph of the whole collection on Facebook ended up needing five photographs as we didn't have anywhere to photograph it all together! The Newark Women's Refuge was stunned by the two full-to-bursting carloads of donations and the Grantham Foodbank was so grateful for the 82kg of food donations! It has been a privilege to be able to help these great organisations and those in need in our communities.

BOOK REVIEW – TOMBLAND by C J SANSOM

Reviewed by Federation Secretary, Tracey



This is Book Seven in The Shardlake Series, written by C J Sansom. It follows on from Dissolution, Dark Fire, Sovereign, Revelation, Heartstone and Lamentation. All the novels feature 16th century lawyer and detective Matthew Shardlake, who, with his assistant John (Jack) Barak, is drawn into investigating some complex cases.

In my opinion the wait for this seventh book has been well worth it. It is a real blockbuster at 800 pages and, for me, Sansom is a truly superb storyteller.

In Tombland, we find England's monarchy at a crossroads following the death of Henry VIII. The country is bankrupt, and Henry's heir, Prince Edward, is being manipulated by various nobles. There is constant plotting and intrigue to discredit many individuals, including the young Princess Elizabeth. Shardlake once again encounters his old enemy, Richard Rich, who is always looking for an excuse to send him to the Tower again.

Shardlake is sent to Norfolk where the death of John Boleyn's wife Edith may bring shame on the Boleyn family and the Princess Elizabeth. On arrival in Norwich, he meets up with his old friend and former assistant Jack Barak. He and Jack had lost touch since Jack lost his hand in a fight when working for Shardlake. Jack's wife, Tamasin, has never forgiven Shardlake for this. Nevertheless, in the first instance, Jack is thrilled to meet up again and together they try to uncover the truth about Edith's death and the way she was found. The reader also meets John Boleyn's very disagreeable sons and his new wife, all of whom have their own stories. As the story develops the body count increases, and the plot thickens.

It is a complex but believable tale, being based on historical fact (as are all the books in the series). It is good to learn more about the characters from previous novels as they appear but almost more fascinating is finding out about the history of the time. The plot is set against the backdrop of a peasant revolt known as Kett's Rebellion. I knew nothing of this episode but Sansom brings it vividly to life.

Tombland works well as a stand-alone novel. It does have recurring characters from previous books but there is some background for those who may be unfamiliar with their early stories. It is a twisting and compelling murder mystery. I find Shardlake an endearing and intelligent person, even when his morals are challenged he remains balanced and persuasive with his views. Over the whole series, his character has developed, along with his personal relationships with others. Whether it is a former servant, an apothecary (Guy his dear doctor friend), nobility, his horse or his friend Barak, each book in this series takes them all a little further on their personal paths.

If you enjoy historical and/or 'murder/mystery' novels, I would recommend Tombland and indeed this whole series of books. They are each around 800 pages, so for people like me who enjoy big thick novels they are great; you really get engrossed and feel a little sad when you get to the end!

Please share your own book review with us! Email to: fedoffice@lsfwi.org.uk

LET'S KEEP CONNECTED!

The WI is centred on friendship so fill out this note and post to a fellow WI member to keep connected and share something about you.

Dear I joined the WI in
because

The WI campaign I most admire is
I admire this campaign because
I believe is a really inspiring woman, because

The song I can't resist singing or dancing along to is
I first heard it when

The film I could watch over and over again is
I first saw it with

My favourite thing to cook/bake is
I first learnt this recipe when

My favourite thing in the world to do is
I love this because

With best wishes, from Date

Choose 1 to 3 of the activities below to complete on a separate piece of paper and post with this note

- 1 Complete the following thought: 'Something you would be surprised to learn about me is...'
- 2 Complete the following thought as an observation of a real event, a reflection on life or a short story: 'During lockdown, I made a drink, sat down, looked out of my window and...'
- 3 Draw a picture or cut out images to make a collage to represent what your WI means to you.

Copies of this note are available to download on My WI or can be requested from the NFWI Membership and Engagement Team at membership@nfwl.org.uk or call 020 7371 9300 (ext. 201).