



Lincs South Federation News

August 2021

Issue 84

Hello,

As we enter a new phase of life with the easing of the majority of restrictions, it does feel to me as if we are embarking on a journey into brave new world. Continuing to embrace the precautions that are now second nature is, of course, essential. We must look after ourselves, our friends and families and take responsibility for our own wellbeing.

Maintaining well ventilated meeting venues, requiring good hygiene measures, risk assessments etc should now be part of our 'best practise' procedures.

Despite all this we must celebrate our friendships and, now that we are able to meet, relish the joy of the simple pleasure of just 'catching up'.

Enjoy the summer months!

Best wishes

Liz



LSFWI Chairman

lmcintoshwi@gmail.com

07969360344

FEDERATION DAY

SATURDAY

2 OCTOBER 2021

10AM TO 3 PM

**THE VENUE,
NAVENBY**

- **SPEAKERS**
- **LUNCH**
- **STALLS**
- **RAFFLE**

**COME ALONG
AND JOIN US
FOR THE DAY!!**

See page 3 for more details



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[@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@lsfw.org.uk

Charity No -506268

TAKE A CHANCE

July winners:

- Alma Taylor of Colsterworth WI
- Joan Mitchell of Tollgate 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

Lady Denman Cup Competition 2021

LAST CALL!!

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

OFFICE OPENING

With effect from the

6 September 2021

WI Office will be open on Monday,

Tuesday and Wednesday from:

8.30 am until 2.30pm

For the weeks beginning the 26 July and the 30 August, the office will be closed

“Denman at Home”

August offers a host of online classes including:

Tilo's Talk on Arabic Calligraphy

– with Tilo Flache

Royals: heroes and villains a history of the Royal parish of St James's

- with Peter Lawrence

Fun with fabrics: Decorative techniques

- with Claire Salmon

Preserves with Lindy: Gooseberry chutney and fruit fool

- with Lindy Wildsmith

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>



FEDERATION DAY

SATURDAY, 2 OCTOBER 2021

10AM TO 3 PM

THE VENUE, NAVENBY, LINCOLN LN5 0JJ

Coffee/tea on arrival

Morning Speaker: Catriona Adams, Vice Chair NFWI

Lunch: quiche and salads, plus cake and tea/coffee

Wine available to purchase by the glass

Afternoon speaker: **TBC**

There will be plenty of time to purchase raffle tickets, visit our six carefully selected stalls and, of course, to chat!

Tickets are £10.00 and can be purchased direct from WI Office by cheque (payable to LSFWI) or by online banking.

We would request that tickets are, where possible, purchased by WIs on behalf of members.

This event is restricted to WI members only.

An application form which includes details of any dietary requirements will be sent to secretaries shortly

Closing date: 10 September 2021

THE VIKING SCARF

Are you up for a challenge? – further information

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, and with double knitting wool and size 4mm needles, between 30 and 40 stitches should give you a decent width. The thicker the wool and the bigger the needle size, the fewer stitches you need, but you can experiment.

If you are able to help with knitting/crocheting scarves or have wool to donate please contact WI Office. Some members have asked to make a donation in lieu. This can also be paid to the office via online banking or cheque. Cheques payable to LSFWI with a note on the back that it is in aid of the Viking Scarf challenge. Online payments please reference with your surname/Viking



For further information please contact WI Office.



A NOTE FROM THE FEDERATION TREASURER

Hello Treasurers

I sent you all an email on 5 July regarding your experiences with On-Line Banking and it may be that this email has gone to your Junk email box! So, could you take a look and when you find it respond to me with your comments so that I can find a solution for you?

If you would like the email sending again please let me know at the following address -

treasurer@lsfwi.org.uk

Many thanks

Chris Jordan



Sudden Cardiac Arrest – would YOU know how to help?

You may have heard that Christian Eriksen, a Danish football player, collapsed on the pitch during a Euro 2020 match. He had a sudden cardiac arrest and the actions of his team-mates and others undoubtedly helped to save his life.

Would you have known what to do? If not, there's an opportunity to learn with an e-learning workshop by UK Coaching, in partnership with St John Ambulance, Resuscitation Council UK and the Joe Humphries Memorial Trust.

Find out more here

<https://www.ukcoaching.org/courses/elearning-courses/sudden-cardiac-arrest>

The workshop is fully funded by Sport England. It takes just 30 minutes to complete, after registering on the website. Sudden cardiac arrest (SCA) could happen to anyone, at any time, with approximately 60,000 SCAs happening within the community every year in the UK; 12 each week are under the age of 35. Only 1 in 10 survive. If effective action is taken within the first minute, this can treble the chances of survival.

Anne Kiely, Barrowby WI

News from our WIs.....

STAMFORD WI



Stamford WI were delighted to welcome local author, Adam Croft, to our regular monthly meeting on Wednesday 16 June. Adam is a local, international best-selling author of several books, including the Rutland Crime Series, set in our local area. Our meeting was hosted over Zoom, and Adam willingly submitted to interrogation from WI members, who were eager to know about what inspires his writing, and other intriguing details about his journey from school-boy author to topping the best-seller charts in the UK and USA!

Before turning to our regular WI business, we raffled three novels, kindly donated (and signed) by the Author.

Sally Freestone Stamford WI

Tel: 01780 480719 Mob: 07751 780314

WELLINGORE WI

I recently paid a visit to the coast and was very impressed with these lovely craft screens created by Sutton on Sea WI.



Jean Waudby, Wellingore WI

Barnsdale Gardens: Visit Saturday 3rd July 2021

Saturday morning dawned, overcast, with a light misty rain, a group of 10 of us met up in the car park at Barnsdale Gardens (Barnsdale Avenue, Oakham)

Wait, I hear you say, only 10 people turned up? My thoughts exactly!

The Gardens cover 8 acres in total and are subdivided into 38 individually designed gardens. The theory is that the path through these lovely gardens is a one way system. It didn't quite work out like that for me, I was enjoying Garden 5 and next found myself in Garden 25. However it doesn't matter, you can mooch at your own pace, go in whatever direction you fancy. You are provided with a map so unlikely to get lost.

The gardens are glorious with amazing trees, plants, blossoms, perfumes and beautiful structures.

Planting is inspired, choreographed to have stunning foliage, blooms, seed heads across all seasons, sometimes a little untidy, unkempt, but certainly not unloved. There are only a handful of volunteers working here.



Large areas have been left untouched to encourage wild life, but generally roped off. I took loads of photos, some of which I am sharing here. Because the gardens are nicely mature now, a lot of the plant labels were obscured, so photos help to remind me what I saw. A personal favourite was the Rose garden - No 17 but to be fair, there were fabulous 'blousy' roses everywhere, climbers and ramblers, with full blooms heavy with rain droplets. And such perfumes!

Winchester cathedral

Coming to the end of the walk, you pass through immaculately tended kitchen gardens with impressive veg e.g. Brassicas, Onions and Leeks standing to attention and, surprisingly, Aubergines growing outdoors

The Kitchen garden was amazing, not a caterpillar in sight. They have large greenhouses also.

There is a beautiful arch of apple and pear trees providing a perfect photo opportunity. Definitely come back when the fruit is ripe! Once you have completed as much or as little of the garden walks as you choose, there is a Tea room (outside serving currently) a large Nursery selling plants seen in the gardens. Certainly not the usual selection seen in local Garden centres and a small shop selling all sorts of interesting gifts, cards, garden and pet accessories etc.



I have loads more photos but suggest you visit yourselves, to experience these gardens in person.

<https://www.barnsdalegardens.co.uk> for more information / annual season tickets/ Courses/ Weddings etc

Sue Brotherhood, Langtoft WI

Elegant Egrets!

The map on the right taken from a leading bird guide shows where Little and Great White Egrets were only found as recently as the mid-1970s.

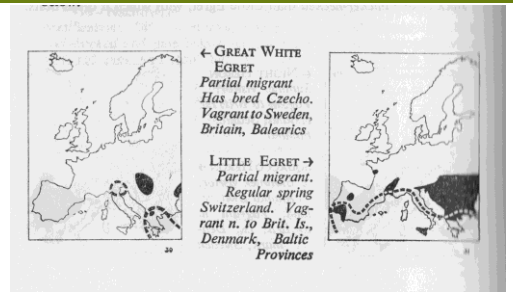
Since then they have dramatically spread north and west.

The three species in this article were all recently photographed in South Lincolnshire. Climate Change has impacted on the diversity of birds becoming resident in the UK. Egrets, members of the wider heron family, were birds you only saw in southern and eastern Europe within all our lifetimes. So what has changed for these birds to now reside in the UK? Global warming in Europe has encouraged a number of species but most dramatically Egrets to spread across the continent, survive increasingly mild winters and extend their breeding ranges as far north as southern Scandinavia. It looks like these elegant white birds are here to stay!

My other half remembers travelling to North Norfolk in the mid-1970s to see a Little Egret, a then rarity for East Anglia. Now they are breeding in good numbers in the UK and we have even seen them from our kitchen window in the fields beyond.

All three of the egret species below are long legged wading birds with long necks and beaks which enable them to fish or catch insects. They also all have bright white feathers. So what distinguishes them from each other?

The **Little Egret** is a small white heron with attractive white plumes or tufts on crest, back and chest, black legs and bill and yellow feet. You will see them standing or wading slowly through the water ready to strike fast to catch a fish, amphibians and insects which they then swallow whole. Now a common sight in the UK there are almost a thousand pairs that breed here each year!



The **Great White Egret** first bred in the UK in 2012 and was a later bird arriving here probably from Holland. It is similar in size to our grey heron but all its feathers are white. Their bills are yellowish-orange but unlike the Little Egret its legs and feet are all yellow. Great White Egrets wade in shallow water (both fresh and salt) to hunt for fish, frogs and other small aquatic animals. They typically stand still and watch for unsuspecting prey to pass by, very similar to the Grey Heron.

This fellow on the right is a comparative recent arrival. The **Cattle Egret** is most likely to be found on grassland and as its name suggests it particularly likes feeding amongst cows. It is a fairly chunky bird but similar size to a little egret. The beak is thicker and orange tinted, the legs are pinkish. The heads and chest develop strong gingery tones during the breeding season. It mainly eats insects and we saw this bird eating a particularly long earth worm. This could also become a local breeding bird in the next few years.



Shelagh Coates, Trustee and Deeping St James WI

MEMBERS ADVISORY COMMITTEE

Your Federation WI Adviser Team Needs You!



Do you see your WI Adviser at work during Federation events and WI meetings?

Have you wondered what the work of a WI Adviser involves?

Are you interested in becoming a WI Adviser?

Why not come along to one or two of our meetings and find out more? We hold these on alternate months via Zoom or at WI Office in Sleaford. It would be great to meet you and give you an insight into this wonderful and rewarding role.

Interested? Contact Jane Root in the first instance:

janerootwi@btinternet.com

or

fedoffice@lsfwi.org.uk

01529 302 398



NHS, Social Care and Frontline Workers' Day

Witham on the Hill WI and the NHS Big Tea

Last Sunday (4th July) we held an afternoon tea for our members, to celebrate the NHS birthday (5th) and show our appreciation and support for the wonderful staff of the NHS.

Elaine Brock, our President and also on the NHS staff, very kindly hosted the event in her lovely, large garden. This beautiful garden, kitted out with three gazebos and numerous chairs was an excellent venue and the weather was very kind – only one small shower!

We had a really great turn out and our members seemed delighted to be “out and about” and meeting up again. And back to baking our favourite cakes again!



We are very pleased to have raised £195 for NHS Charities Together, which has done such a lot to support the wellbeing of NHS staff during the Covid-19 pandemic.

W. Wooldridge, Witham on the Hill WI

PUBLIC AFFAIRS & EDUCATION

Resolution 2021

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

The deadline for Link Delegates and Federation Representatives to input the votes of WIs in their linking groups has now passed, and I am pleased to inform you that the resolution ‘A call to increase awareness of the subtle signs of ovarian cancer’ passed with a majority of **99.48%**.

This means the resolution is now an NFWI mandate and will form the basis of a national WI campaign which all members are invited to work on.

Details of how we plan to promote this campaign will follow.

Climate Ambassadors



A NATIONAL WEEK OF EVENTS CELEBRATING ACTION ON CLIMATE CHANGE

Send a message to the Prime Minister by signing a Declaration for a cleaner, greener world that works for everyone. Sign the Declaration [here](#).

**Create a great big green window display during
September to show that you are taking part.**

A Great Big Green Week can be anything that gets people talking.

Just a few examples are:

- ❖ Acorn collecting or wildflower sowing
- ❖ School assemblies, litter picks, recycled crafts
- ❖ Nature tours ... bat walks, bug hunts, tree tours
- ❖ Bike rides for beginners, guided walks
- ❖ Find an area in your community that could be planted with more trees

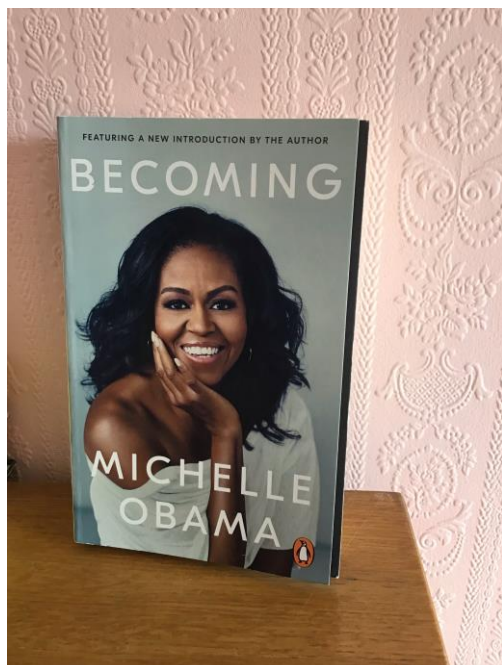
Inspiration can be found on the Great Big Green Week page [here](#)

We'd love everyone who cares about tackling climate change to be part of the Great Big Green Week.

If you would like to join the federation team of Climate Ambassadors please contact WI Office who will put you in touch with our small team.

The Climate Ambassador programme is a scheme for those WI **members who would like to get further involved with our environmental campaigns**. Climate Ambassadors **focus on environmental community action**, and the types of activities they can take are completely open-ended. Whatever our Ambassadors think will benefit their communities and the environment - they do!

Book Review



Becoming by Michelle Obama

A Christmas gift, which I enjoyed despite not my normal kind of book.

All I really knew about Michelle was that she was the First Lady of the USA married to President Barack Obama. This book opened my eyes into Michelle's world and much more about this beautiful lady.

The book is divided into three sections; Becoming Me - where we learn about Michelle's young years growing up in Chicago with her hard working, good supportive parents, her education at Princeton University and Harvard Law School, plus her early career as a lawyer, when she met Barack Obama.

Becoming Us - her relationship with Barack and marriage, his political career which started as a state senator in Illinois, and concludes with the 2008 election where Barack was elected President of the USA.

Becoming More - we learn all about Michelle's life as First Lady, her experiences at the Whitehouse and how she believes her childhood and upbringing helped her, she knew what a privilege living at the Whitehouse was with many perks and wonderful opportunities, but there were also difficult times along the way.

Michelle tried to keep a sense of normality for her two daughters Sasha and Malia, and was first and foremost a loving mother and wife. At times Michelle's story is very sad and she is very honest. I enjoyed this autobiography very much, it made you realise that from small beginnings much can grow, with support and encouragement.

Tracey Copeland, Federation Secretary

❖ Have you read a book or listened to a pod cast that you would like to share?

If so please submit your review to: fedoffice@lsfwi.org.uk

WI HI - VIS VESTS

We have a few orders placed for our Hi- Vis vests.

If you would like to order for your WI please get in touch with WI Office asap.

The vests cost £6.50 each plus any P & P

Please confirm the quantity and sizes you require.



Walks Around the Federation

All walks start at 10.30am

£2 for members, £2.50 for non-members

Our programme of mid-distance walks around the Federation area continues, as we are increasingly able to get together. As the situation changes, we are endeavouring to 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>Mon 23 Aug</i>	<i>Billingborough</i>	<i>4¾ miles</i>	<i>BILL23APR</i>	<i>Mon 16 Aug</i>
<i>Tue 28 Sep</i>	<i>The Deepings</i>	<i>4¼ miles</i>	<i>DEEP15SEP</i>	<i>Tue 21 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.**