



Lincs South Federation News

March 2021

Issue 79

Hello

Well, the roadmap is looking promising.... although I think most of us would prefer a physical roadmap to follow to our favourite distant place.

Have you noticed how many new terms and phrases have now found their way into our everyday language? 'Unprecedented' was possibly the most over used word at the start of the pandemic, with a 'virtual' anything.... quiz, yoga, book club...the list is endless, coming a close second.

The top of my list are: Blursday – when you're not sure which day of the week it is, and of course everyone's favourite... You're on mute!

Best wishes

Liz



Liz McIntosh
LSFWI Chairman
lmcintoshwi@gmail.com
07969360344

Crafts with Felicity

Tuesday 23 March
at 2pm
**Making a
Suffolk Puff
Easter Card**
via Zoom



£3 per member

Please email for information
regarding the materials required
and an invitation:
fedoffice@lsfwi.org.uk

Federation Annual Meeting

**10.30am – 12 noon
Saturday 20 March**

Come and meet the trustees,
celebrate WI special birthdays, and
listen to a talk from our special
guest:

Judy Theobald

Please email for an invitation for this
Zoom event

Fedoffice@lsfwi.org.uk



facebook.com/lincssouthwi



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



[lincs_south_wi](https://www.instagram.com/lincs_south_wi)

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Charity No: 506268

TAKE A CHANCE

February winners:

- Heather Chambers – Tollgate WI
- Yvonne Sharland – Langtoft WI
- Pam Hogan – Ropsley & District 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

Lincolnshire Show 2021

You may have heard that Lincolnshire Agricultural Society (LAS), organiser of the Lincolnshire Show, is hoping to hold the event this summer. The Trustees will make a decision at their meeting on 8 March.

If it does take place, we have already been advised that arrangements cannot be as they have been in the past and for that reason we will not be able to hold our traditional competition classes this year.

While this is, of course, very disappointing, we hope to be able to support the Show and have some presence there. To that end, we are in on-going discussions with LAS and will keep you posted!

NFWI NEWS

Latest news items on MyWI:

Have you looked at the WI YouTube channel?

<https://www.youtube.com/user/WomensInstitute?fbclid=IwAR1Jyof6KYggbuFUWskN3e1Bb1KgRkJpBXYCpp1sc5TfbTBwo1knHPO-STs>

Videos and playlists of Walking Netball, cookery, crafts, public affairs and much more.

Huxley Cup Competition 2021

Inspiring women across the country to create a greener and cleaner place to live

WIs are invited to design a planting plan for a raised bed that will be displayed within the Community Allotment area at the RHS Hampton Court Palace Garden Festival in July 2021. Members are encouraged to work together and submit a master plan (or mood board). The finished piece of work must clearly show the planning process as well as be presented to a high standard and contain all necessary detail to allow a perfect reproduction.

So, if you are planning a project to celebrate your community or just wish to reinvent a WI garden, this project is for you. More information and the entry form can be found on MyWI.

Closing date: 30 April 2021. *This is a WI project and no individual entries permitted.*

Zoom Quiz

7.30pm Thursday 18 March 2021

£2 for members, £2.50 for non-members.

Closing date Sunday 14 March 2021

You can join as a team of four or, if your WI does not have three other people who want to take part, we attempt to put individuals into mixed teams. Teams will be put into breakout rooms for discussion after sets of questions, before coming back into the main Zoom arena for the answers - so you do get to chat with your teammates.

To join in the quiz, send an e-mail with 'MAR21 QUIZ – INDIVIDUAL' or 'MAR21 QUIZ - TEAM' as the subject to fedoffice@lsfwi.org.uk by **14 March 2021** with **the following information:**

INDIVIDUAL	TEAM
WI Name	WI Name
Your Name	List of names and corresponding e-mail addresses for your team
Your e-mail address	
Contact Telephone Number <i>(in case of difficulties on the night)</i>	Contact Telephone Number <i>(in case of difficulties on the night)</i>

International Women's Day – 8 March 2021



This year's campaign theme is:

Choose To Challenge

A challenged world is an alert world. And from challenge comes change. So, let's all choose to challenge.

- How will you help forge a gender equal world?
- Celebrate women's achievement.
- Raise awareness against bias.
- Take action for equality.

Share your ideas with us: fedoffice@lsfwi.org.uk



#ChooseToChallenge #IWD2021

NFWI 2021 Diary

We still have some 2021 diaries. These are now available at just £3 per diary, plus P&P. Get yours by contacting the office by email: fedoffice@lsfwi.org.uk

PUBLIC AFFAIRS & EDUCATION

Following the request to vote on the shortlisted resolution proposals, we have been advised that the results of the 2021 selection process are:

2021 resolutions		Selections
1	A call to increase awareness of the subtle signs of ovarian cancer	30,240
2	Stop women dying prematurely from coronary heart disease	16,285
3	Racism and discrimination	5,363
4	Now's the time to act! Protect your nature space to create wildlife-friendly communities	7,808
5	Stop the destruction of peat bogs to tackle climate change	6,616
Total selections received nationally		66,312

We know this has been a more difficult year due to the challenges surrounding the Coronavirus pandemic and multiple lockdowns, so thank you for supporting your WIs throughout this process. As a result of the above, the NFWI Board of Trustees has decided to put forward the top resolution to the Annual Meeting in June.

The formal wording of the resolution is as follows:

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

Wording: Every two hours in the UK someone dies of ovarian cancer. Making sure GPs and the public know what to look for will not only ensure the early detection and treatment of this disease, but transform lives today and for generations to come. NFWI calls on WI members everywhere to help increase awareness of the subtle signs of ovarian cancer.

You can find out more about this proposed resolution on MyWI:

(<https://mywi.thewi.org.uk/public-affairs-and-campaigns/resolutions-202021>).

“MAKE A MATCH”

Before looking ahead to a new campaign, we are still focusing on our current action concerning the vital issue of Stem Cell donation.

Following on from the fascinating and informative talk given a few weeks ago by our member, Elizabeth Jenks, about her work as a volunteer courier for Anthony Nolan, the Public Affairs Committee is in discussion to arrange a speaker from **DKMS** to tell us about their work in the international fight against blood cancer and blood disorders. We hope that this event will take place on Zoom in April, so watch out for more information very soon!



Climate Ambassadors

February saw many of our WIs promoting Craftivism through the #showthelove campaign, hosted by the Climate Coalition. This Coalition is the UK's largest group of people dedicated to action against climate change. They are a group of over 140 organisations — including the WI.

If you have not come across Craftivism, it is the art of peaceful protest through craft. The Craftivist Collective was founded in the UK by Sarah Corbett and is now a group of several thousand members. Sarah worked with the original ethos of craftivism to find an alternative to her life as an activist.

“If we want our world to be more beautiful, kind and fair, can we make our activism be more beautiful, kind and fair? So, pick up your needle and thread and join us in crafting. Together we can change the world one stitch at a time.”

The engagement of so many of our WIs in the #showthelove campaign demonstrates how many of us want to be involved in the highlighting of the climate crisis that we face. Just as one stitch at a time can change the world so can one small action carried out by each of us help to reach net zero. Whether it's eliminating single use plastic from your kitchen or bathroom, swapping to a renewable energy supplier or avoiding fast fashion.



Watch the Craftivism and Climate Action webinar, (follow the link below) where you will hear from the Chair of NFWI Public Affairs, Ann Jones, Sarah Corbett of the Craftivist Collective and Clara Goldsmith, Campaigns Director at The Climate Coalition. Hear from Sarah about her journey into craftivism; Clara about how your crafted green hearts encourage others to take climate action, and how you can use your craftivism skills to call for climate action in 2021 and beyond.

https://www.youtube.com/watch?fbclid=IwAR1DjteWzN5ZXSU6_hvzcPma2smjSwKGi1IXjTArRn7er61DUky3q8gqoRc&v=2JsaPNwJ86A&feature=youtu.be

#showthelove was incredibly well supported by WIs across our region. We've had so many photos we couldn't print them all but here are just a few. Well done to everyone who participated and used the opportunity to engage their members in craft activities at the same time! We also achieved some excellent publicity for the campaign, on local TV, radio and in the press. Thanks to all!



Photos from Crowland, Long Bennington, Wellingore and Witham on the Hill WIs



Leisure Activities Committee



Walking Netball continue to have their Zoom meetings for a chat, talks by national coaches and players and some gentle exercise. These are usually held on a Monday evening or Thursday morning. If interested please contact Margaret Hawkins on margaret@forelec.co.uk for more information.

The Institute of Advance Motorists is offering Zoom tutorials to help us improve our driving skills. Cost is £15 a session. IAM is also preparing a Zoom presentation about returning to driving after COVID-19. More information is awaited on both these opportunities, but if you are interested to learn more, please contact Margaret Hawkins on email: margaret@forelec.co.uk



The Leisure Committee is planning several socially distanced walks for members, between April and October. These will be along the lines of those enjoyed last year and hopefully, COVID restrictions permitting, will include either a lunch or tea. Further details will follow.

We are also looking at other outside events which might be possible over the summer and autumn and which will allow us to meet once again, respecting at all times, the need for social distancing and mask wearing etc.

If you have any ideas for events/activities we can pursue please contact Margaret Hawkins on margaret@forelec.co.uk.



Lady Denman Cup Competition 2021

The NFWI is pleased to announce that the Lady Denman Cup Competition 2021 will be held in partnership with the National Gallery. 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 this painting by Artemisia Gentileschi.

The schedule and entry form are attached.

Closing date: 30 July 2021. **Entry fee:** £10.

Entries by email preferred: Fedoffice@lsfwi.org.uk

“Denman at Home”

March offers a host of online classes including:

Qi Gong – centuries old system of movement, breathing and meditation

Faux calligraphy

Photography

Virtual walks and talks from cathedrals to pleasure beaches

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

Are you a Mastermind?

The deadline for applications is **Monday 24th May 2021**. However, we are currently holding Skype auditions so would encourage you to complete the application sooner rather than later. Entry is open to all UK residents (including Channel Islands & the Isle of Man) who are aged 18 or over.

Hat Trick/Hindsight are committed to making programmes as inclusive as possible.

Please email: mastermind.hth@hattrick.com to request an application form (it takes just 10 minutes to complete).

CORONAVIRUS:

Throughout the casting period, the safety and wellbeing of all applicants, contributors and members of staff remain our number one concern. Filming will take place later this year adhering to government guidance. Many thanks for your assistance!

The Mastermind Casting Team Ayrton McGurgan Casting Researcher Mastermind

Email: AyrtonM.HTH@hattrick.com

Ditloids

e.g. 7 W o t W = 7 Wonders of the World

1 M in LN

1 P in a P

1 W on a U

1000 K in a T

12 L of H

13 S o t AF

15 P in a R U T

18 H on a G C

206 B in the H B

21 S on a D

24 H from T

240 O P in a P

3 C on a T L

4 S on a M B

4 W on a C

5 O R

7 C in a R

9 P in the S S

Are you a Ditloid fanor is it new to you too??
Test yourself against these.
The answers are on the final page.

What's On.....

Woodland Trust – 2pm

30/03/2021

Alan Alyward talking about the history and activities of this important charity. Free via Zoom. Please email: fedoffice@lsfwi.org.uk for an invite.

Bridge Buns & Roses WI – 7.30pm

21/04/2021

Sophie-Louise Dann who is a multi-Olivier award nominated actress with a career spanning 30 years in the entertainment industry. From roles in 'Les Mis' to Celia in 'Calendar Girls', she'll have many tales to tell. It will include a live baking demo too!

There is a charge of £2 for the event.

For further information please contact:
bridgebunsandroses@hotmail.com

Dementia Carers



Many of us have encountered dementia, whether it's as a carer for someone with the disease or seeing the effects of it on a friend or family. We may even be worried that we will succumb to the disease ourselves. More than 700,000 families in the UK care for people with dementia: £13.9bn worth of care is provided by unpaid carers.

Dementia Carers Count is a registered national charity, dedicated to supporting family and friends. All services for carers are free. Their website <https://dementiacarers.org.uk/> is a really helpful source of information, especially the Virtual Carers Centre, which has details of live online learning, carers' rights, everyday challenges and solutions and more. The "Bitesize learning" section links to blogs and videos. I found the short video on communication challenges particularly relevant and poignant. You may like to contribute to research via focus groups.

DCC provides free courses designed and delivered by healthcare professionals, that can help you develop skills and build confidence to navigate the highs and lows. Learning how to make your life manageable and maintain your own health and well-being is vital when you're caring for someone with dementia. They will give you practical tips that you can use every day.

Contact the charity on info@dementiacarers.org.uk or phone them on 020 3096 7894. They can send leaflets or provide a speaker for a meeting, virtually or otherwise. Sign up for their newsletter here <https://dementiacarers.org.uk/news-2/newsletters/>

Anne Kiely, Barrowby WI

Crowland WI



At Christmas every member was given an Amaryllis Bulb to grow. The picture on the left shows mine. Each member was given a bulb in a box which came from Springfields' Garden Centre (very generous with some discount)! Everyone was encouraged to plant them and then send photo's in so we could see how everyone had done. First to bloom was Jean Ireland's and then came all the others. Some have only recently bloomed. Each member was given a box of biscuits to enjoy whilst they were growing.

In the meantime, we are having a Zoom meeting next month with Patty Harris from the The Gentleman's Society, Spalding. She should have given us a talk last year which we had to cancel.

Ann Caprio, President Crowland WI

Fame or infamy.....??

I thought you would be interested in this cutting from the Daily Telegraph on 26th January 2020. Angela Whatmore is my old friend Wellingore WI where I was a member some 40 years ago. We have kept in touch even though she spent many years in Italy and me in Scotland.

Angie was very supportive of me when I was a very young new member. We catch up when we can at Spring Council meetings and have introduced members of our respective WIs to each other. Dyke WI members were thrilled to bits to receive support for our maligned village of Dyke from her. Fame at last!!

Helen-Mary Whitfield
Secretary, Dyke WI.



Shelagh's Bird News

Fabulous Looking Ducks



I am sure many of you, whilst taking your daily exercise, will come across a pond, river or even a lake which has ducks on it. Listen to their calls. Are they all 'quacking'? 'No' is the answer. In fact hardly any ducks produce the characteristic 'quacking' sound we've come to associate with them. The most common UK duck, the mallard, does quack, but other breeds croak, squeak, whistle, or remain almost mute.

Duck is the common name for a large number of species in the waterfowl family Anatidae, which also includes swans and geese. For this article I'm going to concentrate on a variety of ducks which are mostly aquatic and which you may come across on your walks. Ducks are roughly divided into 'surface feeders', which rarely dive and 'diving ducks', which dive under for food.

Male ducks in particular are arguably amongst our most spectacular birds but after breeding they all lose their fine plumage and may even become flightless for a while. However, as winter progresses they moult into their breeding finery and are looking particularly splendid from January onwards.

The most common are usually **Mallard** (pictured above). This is a most underrated duck; males have iridescent green coloured heads, yellow beaks and orange legs whilst the female is plainer brown but finely marked. This is often the case with ducks – the male is the brightly coloured partner and the female much plainer! This is in readiness for camouflage on the nest. They are resident in this area but some may come from Europe in the winter months.



Tufted Ducks are also resident but large numbers migrate here in the winter. This is a striking black and white duck with a funky hair-do. The females have white faces around their beaks and are usually closely paired up with their partners. They dive for their food often for long periods and can travel a surprising distance under water.

One of our commonest ducks locally is the **Wigeon**. In the main, they are all winter visitors from Scandinavia. The males have a creamy yellow forehead and instead of 'noisy quacking' they call to each other with loud, rising whistles. They feed mostly on grass and weeds on the water line.



The **Mandarin** is an exotic introduction from China and can be found in the extreme south of the county on quiet rivers. It is doing so well in some counties that it may become more numerous than its very threatened Chinese relatives.

Goosanders are deep diving, long hooked billed fishermen that winter here from northern England and Scandinavia. They prefer deeper lakes and rivers to feed in and sometimes occur in small flocks but often in pairs. They become particularly numerous in cold winters. As spring approaches the males develop a beautiful salmon pink sheen particularly on their breasts. They have bright red legs and beaks.



Another striking black and white duck with a white spotted bottle green head and, as its name suggests, a **Goldeneye**, this is Britain's only native tree nesting duck. Here, however, they are all winter visitors, mainly from Europe but can be seen doing their head bobbing display all season. Many more migrate through the area and can often be seen well into May.

Europe's smallest duck is the **Teal**. It has a trilling call, delicately marked rust and green head with a bright yellow bottom. A rare breeder in our area but a common winter visitor attracted to shallow weedy flood lands it has a rare north American cousin, the Green-winged Teal, the only difference being a vertical pale stripe on the sides of its chest.



But the highlight for me this month while looking for ducks on the River Welland was finding a **Red necked Diver**. Although this is not actually a duck it is closely related. Like the Goosander this is also a deep water fisherman but is usually only found at sea during the winter months. However, during the periods of very cold or stormy weather some will take refuge on inland lakes and rivers. This bird appeared to be healthy although a little shy and often kept close to the

river bank. In the summer they breed on fresh water lakes in northern Scotland and Iceland in particular. Unlike ducks, they are very late to acquire their breeding plumage but will eventually moult to reveal all grey head and neck with a prominent red throat patch as its name suggests. Although you will be very lucky to see one locally, one or two turn up every few years and often hang around for several days, even weeks.

Shelagh Coates is a Federation Trustee & Member of Deeping St James WI

A Round of Applause.....



Bridge Buns & Roses WI member **Joan Ansell** has won the Star Letter



prize in the February issue of “WI Life” magazine. She wanted everyone to know how her WI’s committee has been keeping in touch with members and it obviously struck a chord. Congratulations Joan!

Of course, Joan isn’t the only member who wants to say “thank you” to hard working Committee members. Just this week, the quote below came through to the office from a Long Bennington WI member, and there are many more examples that we could cite.

So let’s all join in a huge round of applause to all WI Committee members who have been doing their best during the past year to keep members engaged and included. Whether it has been by telephone, email, or “distanced” door step chats, Zoom

meetings on-line, delivering “meetings in a bag”, promoting craft projects.....whatever you’ve done, all of the time and effort really has been enormously appreciated.

I can’t express strongly enough how well my WI committee have coped with this last year. They have kept in touch with all members and certainly tried to cheer them up! It has taken a lot of time and effort from them all and everyone I have spoken to has really appreciated their reaction to the pandemic. WI profile has also been raised within the village.

Long Bennington WI member

Ditloid Answers:

1. 1 Monster in Loch Ness	2. 1 Pig in a Poke
3. 1 Wheel on a Unicycle	4. 1000 kilos in a Tonne
5. 12 Labours of Hercules	6. 13 Stripes on the American Flag
7. 15 Players in a Rugby Union Team	8. 18 Holes on a Golf Course
9. 206 Bones in the Human Body	10.21 Spots on a Dice
11.24 Hours from Tulsa	12.240 Old Pennies in a Pound
13.3 Colours on a Traffic Light	14.4 Stations on a Monopoly Board
15.4 Wheels on a Car	16.5 Olympic Rings
17.7 Colours in a Rainbow	18.9 Planets in the Solar System