

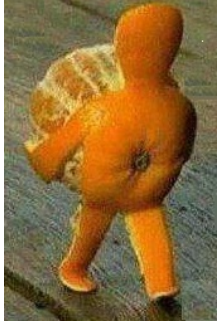


LINCOLNSHIRE SOUTH FEDERATION NEWS



May 2023

Hello Ladies,



Well, talk about hitting the ground running! I have been fortunate to have been invited to some of your Annual Meetings this month and to those of neighbouring Federations. I have enjoyed them all enormously and find it interesting to see the different styles we adopt to fulfil these meetings, some being quite formal and others less so. From my point of view, as long as we have fulfilled the criteria laid down in our constitution, how you conduct these meetings is the one that is most appropriate for your WI.

Following a most interesting and informative speaker at our last Ladies Lunch, I look forward to seeing many more of you at future events organised by our amazing Federation committees.

Best wishes,
Tina Orange
Federation Chairman
tinaorangeWI@outlook.com

Lincolnshire Show 2023

Ladies, yes, it is that time of year again when we ask for your assistance. As you know we run the show in conjunction with Lincolnshire North Federation of WIs and this year our joint sales table will be Handbags, Jewellery, Scarves and Belts. If you have any of these items that you no longer use, please consider donating them to our joint sales table. Items must be clean and in good condition.

Items can be taken to the office or if you have one of the Trustees visiting, please pass to them and they will bring to the office on your behalf.

Thank you, ladies, you are always so generous in supporting your Federation and the Lincolnshire show.

A separate letter will be sent to your secretaries for donations of cakes and for assistance in the main marquee/catering marquee over the two show days.

Thank you, ladies, for all your help and support

Tina Orange, Chairman, Lincolnshire Show Committee.

FIND US ON THE NFWI WEBSITE: <https://lincolnshire-south.thewi.org.uk/>



facebook.com/lincssouthwi



@lincssouthwi



lincs_south_wi

Office Contact Details: WI Office, Pattinson House, Oak Park, East Road SLEAFORD NG3 7EQ
Tel: 01529 302398 Email: fedoffice@lsfwi.org.uk Charity No: 506268

OFFICE OPENING TIMES

WI Office will be open on
Monday, Tuesday and Wednesday from
8.30am until 2.30pm
If making a special journey, please contact first.

TAKE A CHANCE

April Winners:

- £20 Sally Gorman Rauceby WI
- £10 Pamela Hogan Ropsley WI

TAC winners:

To assist with the payment of TAC prizes please contact the office with your bank details

Email: info@lsfwi.org.uk

Why not join the TAC club There's still time!

Winners drawn 11 times a year (monthly except August) with an extra draw at the Federation Annual Meeting in March.

Please note that legally, we can only accept applications from individual WI members, and not WIs



Is your WI celebrating Charles III's coronation?

We would love to see what your WI did to celebrate the Coronation. Please send in your photographs with a short summary of your event to fedoffice@lsfwi.org.uk

DENMAN

May offers a host of online courses including:
Watercolour Painting with Kendrick Snodin

Wednesday, 03 May 2023 at 4:00pm

One of the most distinctive and iconic flower shapes, the tulip is a delight to depict. Their vibrant colours and bold simple shapes, brightly lit by spring sunshine and set against a dark background, makes a wonderful subject for Watercolour. In this project we will explore the arrangement of the flowers into a balanced group, their composition and looks to highlight and connect the flowers forms; allowing the blooms shapes to touch here and there and also creating space between their forms.

Qigong with Elaine Whittaker

Monday, 08 May 2023 at 11.30 am for 3 weeks

Qigong is similar to Tai Chi - slow, gentle, standing movements to ease tension from body and mind. Co-ordinated with the breath, the movements are formed into sequences, so that you can become totally immersed in what you are doing - giving you 'mental space' from the busyness of life. Elaine starts and finishes her classes with some breath work done seated in a chair, and also some short meditations. You'll leave this session feeling refreshed and calm ready to enjoy the rest of your day. You wear normal, loose clothing that you can move around in comfortably. Soft soled shoes are a good idea so that you can feel the floor beneath your feet (or you may choose to be barefoot).

Tilo Flache's Talk on Finland

Monday, 15th May 2023 at 7.30pm

If the word Finland brings up an image of saunas, long winters and taciturn people, get ready to be surprised: there are cities worth visiting, the Sami people's cultural heritage, islands and lakes to explore, surprising cultural locations and a generally much more outdoorsy vibe than you'd expect from a land this far north.

Acrylic Painting with Hayley Morgan

Wednesday, 24th May 2023 at 4:00pm

For this session we will learn how to paint a colourful pineapple with acrylics which would look great in your kitchen. Hayley will talk you through how to mix your colours and how to apply the paint, step by step. This session has been designed as a paint-along workshop and is suitable for complete beginners and for those with painting experience. There will be plenty of opportunity to ask questions and we estimate the session to last between 60-90 minutes in duration.

Watch Denman Live

This allows you to 'rent' a Denman course and tune in at a time convenient to you. Once rented the course is accessible for up to seven days. Most courses are from one hour in length and generally cost from £5

Check out the availability at: www.denman.org.uk

PUBLIC AFFAIRS AND EDUCATION

OUTING TO CROMFORD MILLS – 29 MARCH 2023

The day of our outing dawned dry and those of us bound for Cromford Mills, near Matlock Bath in Derbyshire, had our fingers firmly crossed that it would stay that way.

After a smooth and uneventful journey, we were greeted on arrival by our two guides and split into two groups for our tour of Sir Richard Arkwright's first industrial mill. This began with a brief introduction by our guide, before being escorted into part of the original mill (Grade 1 Listed of course) where Sir Richard himself, by way of modern technology he could only have dreamed about, explained how he had built his first business. Moving through into the well laid out Visitor Centre, we were shown an original spinning machine – which completely revolutionised cloth production. Back out into the mill yard, we saw the site of the first water wheel, which provided the power for the machinery. We also saw the work underway to restore hydroelectric power to the site. A grant has been obtained to install a new water wheel, which will once again supply power not just to the businesses in the mill yard but further afield too – it is anticipated that it will generate between 15 and 18kw/hr!

To conclude our tour, we were shown how the yarn was spun on a mock-up of the original machine. It was, all together, a fascinating insight into the birth of industrialisation and so interesting to see that Arkwright's original production processes remain the basis of our modern-day practices.

By this time, the weather was a little damp but fortunately, we were able to retire to various locations to enjoy lunch and have a little time to explore the various artisan businesses that now inhabit the mill yard (Cromford Cheese Shop, WeaveKnitIt, an amazing used book shop and antique shops), and view the canal across the road.

We then had a choice of afternoon activity; either a craft workshop under the instruction of Sara Wheatley (a Master of the Royal College of Arts and owner of Weaveknitit) or a visit to White Peak Distillery.

Weaveknitit shop and gallery showcases a wide variety of local artists and woolly goods. They sell local fleece, hand dyed and hand spun yarn along with patterns, needles, hooks, dyes, and kits to name a few. Sara Wheatley, the owner welcomed us to the craft workshop and showed us an Easter Bunny made from needle felting. But there was no way we could achieve that in a couple of hours but it inspired us all to get going. We were all given a felting needle and chose a colour(s) of material to make the finished object. First by making a basic body shape by short stabbing motions into the wool and adding more until you get the shape required, then you continue gently stabbing different colours into your shape creating an object. It was a very relaxing afternoon and everyone finished their creation to take home.



The Distillery is located in part of a former cable production works. In fact, the cables for the Humber Bridge had been made there. Our extremely knowledgeable and friendly guide gave us a very interesting tour of the distillery. It had been founded just over three years ago with the primary aim of distilling whisky. The first bottling has recently taken place and has been very well received. However, since the spirit has to be in the barrel for three years before it can be called whisky, another source of cash flow was required to keep things going for that period. Gin was the obvious answer – quick to make and very much “on trend”. They also diversified into rum, which is likewise a spirit that can be made and bottled in a short time. Retiring back to the cosy tasting room, our guide took us through a tasting of all three spirits before we were able to visit the small shop. It is fair to say that the rosy cheeks of ladies returning to the coach were not entirely due to the warmth of the fire, or the rather fresh breeze outside!



The Tasting Room



First two barrels of 'Wire Works English Malt Whisky'

NEWS FROM OUR WIs

Wyberton Church End WI

Wyberton Church End WI held a craft afternoon where we attempted to make felted pictures. Here are some photos of the group and their efforts. Jill made the tea for us!



Sutterton WI



Ladies of Sutterton WI braved the weather on Wednesday night to sail on the "Boston Belle" to celebrate 72 years of their WI. They enjoyed a lovely Buffet supper, and a great night was had by all.

The weather didn't dampen their spirits!

Baston WI

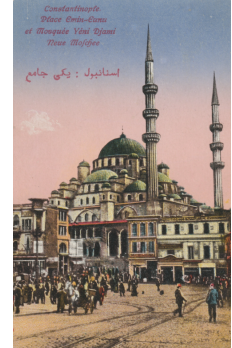
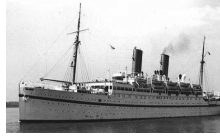
Baston WI had two speakers at their April meeting making it a very diverse evening. Firstly, we were joined by Catherine Johnson from the Don't Lose Hope charity based in Bourne. Catherine was our speaker in January, and it was evident how passionate she is about the charity she is involved with - she wanted to revisit us to show a presentation from the beginning to where they are now.

Don't Lose Hope is a charity that offers a professional counselling service for all members of the community from age 4 upwards. This is a free service for families/individuals receiving certain state benefits and affordable to all others. This service is delivered by a team of qualified and experienced counsellors, in private fully equipped counselling rooms. They rely on fundraising to ensure they can maintain this service and raise funds through their Café, and Gift Shop and through Donations. If you are ever in Bourne please visit their coffee shop in North Street - the cakes are delicious!

Our main speaker was Shelagh Coates a member of Deeping St James WI. Her talk was about linking her ancestors' recently discovered journeys to her own love of travel over a century later. Some destinations had been revisited in the Caribbean and Africa whilst others were new destinations not then accessible such as the Antarctic.

Many postcards from early 20th century were shown in particular - the Suez Canal, St Lucia,

Constantinople (now Istanbul), Bermuda and the SS Bermudian, a ship that they perhaps had travelled on. Shelagh then showed a photo of herself aged three sat in the Suez, the HMT Empire Windrush – a ship not dissimilar to the SS Bermudian - that she had travelled to Egypt on. St Lucia was another holiday destination. She finished off her talk with some photos of Namibia, Africa. It was Africa that she knew her ancestors had lived for many years but what they were doing there still remains a mystery!



This picture shows Shelagh on the left and Catherine on the right.

Cranwell WI

In March, Cranwell WI held a fundraising event at St Andrew's Church monthly coffee morning. Back in October last year we held 1-50 squares "Prize every time" stall with big success, we sold out of the squares in just 40 minutes, so we decided to go for it with 1-100 squares at £1 per go. Once again there was a prize attached to every number ranging from a packet of seeds to Yankee Candles and Joules accessories. Our members and local community were very generous with their donated and purchased items. It took some organising and storage space!



Our President Rose Clapton manned the stall along with newly elected committee member Sue Trise and member Maria Robinson. Once again, all the squares were sold quickly and along with some homemade Rocky Road for donations, we raised £107.55.

Sibsey WI

At our March meeting we enjoyed an evening of 'Laughing Yoga' with Linda Nightingale. She explained the health benefits of laughing. Endorphins (our happy hormones) are released, which reduces stress and anxiety and can help uplift us and improve wellness.

Ha, ha, ha, he, he, he, ho, ho, ho.



Have you ever thought about becoming a Trustee?

Would you like to know more? Such as, what is expected of me, how much time do you need to dedicate to it, what responsibilities would you have, and do you have the right credentials?

So, why not come to a Board of Trustees meeting.

We generally meet monthly via Zoom, although once a quarter we meet in person in the WI office. We don't meet in August.

We are friendly and approachable so why not give us a try. Contact us on fedoffice@lsfwi.org.uk to arrange a meeting.

CLIMATE AMBASSADORS

GREEN MONEY SAVING TIPS

Saving ourselves money and caring for the environment can go hand in hand so this month I have jotted down a few of my own ideas (Maybe you could send your own 'super savers' in and they could be shared; email fedoffice@lsfwi.org.uk)

- * Use a slow cooker; rather late in the day, I found that the best results are from using half the amount of liquid and double the amount of herbs/spices as in a normal stove top/ oven casserole
- * Double the amount of what you cook and this 'spare meal' can be simply reheated in a microwave a day or two later
- * Reduce expensive meat consumption; give meat free Mondays a go (veggie chilli is a good one to start with)
- * Where possible buy the frozen alternative of a product (e.g. pizza, fruit, Quorn mince); this is cheaper as the retailer doesn't have to build in a large 'waste' element when pricing as with the fresh product in the (more expensive to run) chiller section
- * Reduce any personal food waste by planning meals a week at a time - and make soup with any vegetables past their prime!
- * When shopping, check the unit price on the label as sometimes buying the bigger size is not the cheapest option; sneaky practice by the big brands!
- * Try and use mainly seasonal produce, UK grown if possible
- * Read/subscribe to Martin Lewis's Moneysaving expert newsletter as it has some little gems you might not otherwise be aware of

Hoping at least one of the above will strike a chord and save a pound or two!



Climate Ambassadors: Jan, Liz and Wendy

NATIONAL FEDERATION COMPETITION

LADY DENMAN CUP



WI members are invited to write a letter explaining how the WI has influenced or impacted them as an individual, and how it has helped them become the woman they are today. Members should consider how their letter would inspire other women and girls and encourage them to join the WI. Entries must be no more than 500 words; the letter can either be left open or addressed to a particular individual.

Competition Schedule

- Each entry must include a total word count; entries with over 500 words will not be accepted. It is the responsibility of the individual member to ensure that their entries submitted have the correct word count.
- Members can submit as many entries as they wish.
- Entry fee is £5 per entry. Critiques are optional and must be selected and paid for as an additional fee. Cost for this option is £10 (entry fee and critique) per entry.
- Please **do not** send your entry to Federation office.
- All entries must be accompanied by a completed Competition Entry Form.

Timescale Deadline for entries to be submitted for judging: 28 July 2023

Electronic Entries: Please email your entry and Competition Entry Form to activities@nfwf.org.uk

Postal Entries: The preferable method of entry is via email; however, NFWF appreciate this is not an option, or favoured by all, and postal copies are still welcomed. If you would prefer to submit your entry by post, please submit three copies of your entry. Please ensure that your name, WI and federation are only written on the first copy; the remaining two copies must be anonymous (as stated above, you can sign the letter off with your initials, but for judging purposes, do not include your name, WI or federation).

A Competition Entry Form must be completed and attached to the top copy of your entry.

Full details are available from your WI Secretary or on [MyWI](#)

NFWI Annual Meeting 25th May, St David's Hall, Cardiff

The speakers for this year's annual meeting have been announced.

Joining us at Cardiff will be:

Ebony Rainford-Brent

Ebony Rainford-Brent MBE is a World Cup Winning Cricketer, Broadcaster, Motivational Speaker and Performance Coach. Ebony is a former English cricketer and was a member of the England Team that won the 9th ICC Women's Cricket World Cup in Sydney 2009. In the three months following their World Cup win, the team went on to win: the ICC Women's World Twenty20, the Natwest One Day series and retained the Ashes. During her playing career, she was also captain of the Surrey women's team. Since retiring from sport, Ebony has gone on to a career in the media including becoming a broadcaster and commentator for the flagship BBC programme 'Test Match Special' & in 2020 she joined the Sky Sports cricket commentary team. Ebony also runs a podcast called 'The Art of Success' where she sits down with high performers from various fields to unpick tools and strategies for success. In 2015 Ebony returned to Surrey County Cricket Club, after being appointed their first Director of Women's Cricket. She is also an ambassador for Beyond Sport & chair of ACE programmes newly formed charity in 2020. Ebony has recently been made an MBE for her services to cricket and charity.



Laura McAllister



Previously a highly successful and ground-breaking international footballer, Laura is now a Professor of Public Policy and the Governance of Wales at Cardiff University's Wales Governance Centre. Expert on devolution, Welsh politics and elections, public policy and leadership, gender and political representation and sports governance. Her research focuses on Welsh politics and gender in politics. She was recently appointed unopposed to the supreme executive body of European football's governing body, UEFA, the first Welsh person to be elected. Laura is also deputy chairperson of UEFA

women's football committee and a member of UEFA women's strategy working group. As a player, she has won 24 Caps for Wales and was among a group of players who lobbied the Football Association of Wales to take responsibility for the women's national side in the early 1990s.

Laura is a Former Chair of Sport Wales and board member of UK Sport, current Director of Football Association of Wales Trust and Chair of the Welsh Sports Hall of Fame

There are limited online observer tickets remaining. If you would like any extra tickets, please do contact the events@nfwl.org.uk inbox with the amount you would like to reserve as soon as possible. These will be first come first served. Tickets for online observers are £5.

FORTHCOMING DIARY DATES



Listed below are forthcoming events. Each event has a closing date, by which all applications and payments need to be with the WI office.

Please pay by online banking if possible, quoting the appropriate reference. Cheques are not banked until after the closing date is reached and/or places secured.

Date	Event	Ticket	Ref	Closing
Thursday, 25th May	NFWI Annual Meeting St David's Hall, Cardiff	CLOSED		
Tuesday, 6th or Tuesday, 13th June	Three Shires Canal Boat Cruising along the Grantham Canal 10am or 2pm	£12	ACTBT	7th May
Wednesday, 21st and Thursday, 22nd June	Lincolnshire Show	Please see note on page one from Tina Orange – Chair of BOTs		
Friday, 30th June	Quiz night – 7pm Hale Magna Village Hall	£7.50	JUN23QUIZ	21st May
Wednesday, 22nd December	M&S Archives Afternoon Christmas shopping in Leeds	TBA		

June 2023 Newsletter

**Please send any contributions for the next newsletter
by Sunday, 21st May 2023**

to: fedoffice@lsfwi.org.uk

Please make sure that you have permission from the people shown in any photographs.

If you are travelling to WI Office by car, please be aware that SatNav directions often direct to the next road along from Oak Park. When travelling along East Road from the direction of the A17, look out for **KWIKFIT** on the left-hand side. Turn left here on to Oak Park.

WI Office is on the right-hand side.