



SFWI News Bulletin

Issue 12 April 2021

Don't forget to visit the SFWI Facebook page for the latest news: <https://www.facebook.com/staffordshirefederationonofwomensinstitutes>



Dear Fellow Members

I hope this bulletin finds you well and having had an enjoyable Easter.

I know most WIs are busy planning and holding Annual Meetings via virtual and hybrid platforms which, with the changes to the constitution, we can now all continue to do if we should wish to.

We have seen and heard of really interesting programme planning for the coming year; hopefully we shall have some face to face meetings before too long.

Our Federation events continue to be really well attended and we enjoy the opportunity to see and talk to you even if only on a screen for now. When you apply for events please do not share the links. This is a breach of GDPR and really shouldn't be happening. It also means that events fill up sooner than they should and often people who registered are unable to access the event which is extremely disappointing and annoying for them, not to mention really unfair. So please apply for yourself and only you use your link.

Keep looking at this bulletin for news of exciting events coming up.

Talk to you soon.

Helen

ACWW Coffee Morning

The final figure for the ACWW virtual coffee morning was almost £530. Well done to everyone who supported the event. Please watch this space for more fund raising for this worthy cause. It is worth knowing if you are donating as an individual, you can increase your donation by gift aid. A form can be downloaded from their website.



Did You Know -

One of best things YOU can do for the Environment is to ENCOURAGE others to be Environmentally Aware.

How much awareness do you have ?

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1. Which uses less water - a fully loaded dishwasher or washing and rinsing a sink-full of dishes by hand ?
2. What type of supermarket bag is more eco-friendly - paper or plastic ?
3. Appliances that are switched off don't use any electricity - True or False ?
4. Hybrid cars are slower than conventional cars - True or False ?
5. Dropping your heating thermostat by 1degree Celsius saves what percentage of your heating costs ?

WI News

What Are We To Do?
 What's the weather like today?
 Who knows you all might say,
 What season can it be?
 Yet it's there plain to see.
 Too much rain, too much heat
 Too much wind, too much sleet.
 The world's gone mad,
 We should of course be sad.
 Is there something we can do ?
 I think it's up to you.
 Time is short we must begin
 To change our ways and not to sin.
 Clean energy is what we need,
 No fossil fuel, let's take the lead.
 Eat less meat, plant a tree
 Is this really down to me ?
 The world has got to change.
 Bring back that open range.
 Rewild the planet Attenborough cries.
 Yet there are those who say its lies.
 Too much carbon in the air,
 Will leave our planet desolate and bare.
 It's not too late if we start now,
 It probably will cause a row.
 It surely will be a shame
 If we are the ones to blame.
 New generations will have to pay.
 It was us who left the planet in disarray.
 To make a difference we must act,
 Get more green, make it a fact.
 There's absolutely no mistakes.
 Please please green up for all our sakes.

Suzanne Hewitt
 Trysull and Seisdon WI



Broughton WI

I've started but will I finish!



'Gossip in the Garden' Quilt

Sheila Hughes of Sandon WI, winner of the category 'I've started but will I finish' in last year's virtual craft jamboree has now finally finished her amazing piece of work. Here's what she has to say.

This was my entry in the virtual craft competition - I've started but will I finish. I was surprised and delighted to get a first rosette. I completed the top layer in the Autumn and Amanda from the Little quilt house in Stone was able to longarm quilt the three layers together last month. We had to decide thread and pattern choice by email and drop off and pick up outside her door due to the current situation. She made a lovely job of it - if you look closely you can see the daisy pattern.

Members from So-Sew WI and Broughton WI joined the WI Walk with Women on 19th March to show their support and solidarity.

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So-Sew WI

Tackling violence against women has been a longstanding concern for the WI, and while work has already started through our Not in My Name and No More Violence campaigns, NFWI acknowledges that more needs to be done to eradicate all forms of violence, harassment and abuse against women. Today and every day, the WI stands in solidarity with all women.



Project Pre-School



An urgent appeal for knitters was sent to Rolleston WI members by the staff at Rolleston Pre-School.

A selection of small 'Mr. Men' & 'Little Miss' characters were requested to bring to life the Roger Hargreaves stories. The three and four year old children delight in listening to the stories and the figures help keep their interest and make them smile.

The knitting and crochet needles were out in a flash and soon some prototypes were ready.

Both knitting and crochet patterns were devised and the children and staff were thrilled to receive the colourful characters.

A former head teacher of the Infant School in Rolleston, a long-standing WI member, died recently and her family donated lovely, bright coloured wool to the WI. It was a fitting tribute to her to use some of this wool, as she would have loved to be involved in this community project. Here is a selection of the fun characters the children love.



Resolutions

Save the Date

Monday 24th May at 7pm—online

This year's Resolution that is proposed for adoption is about raising awareness of Ovarian Cancer.

The symptoms of this cancer are often difficult to spot and mis-diagnosis in the early stages all too frequent.

SFWI Online is offering the opportunity to learn more about Ovarian Cancer.

Information provided will help Members for when they debate the issue - and decide how to vote after this year's NFWI Annual Meeting.

The event is free and booking will be through Eventbrite. Details will be with your secretary shortly.

SUPPORTERS CLUB

Congratulations to the Winners!

1 st	£25.00	130	J Methven Barlaston Afternoon WI
2 nd	£10.00	114	J Frisby Brown Edge WI
3 rd	£5.00	55	J Mycock Waterfall WI

Rhubarb is in the shops now - and you may also have it in your garden!

Try this easy recipe for a delicious Rhubarb & Yogurt Loaf - Tried and tested, and perfect with a cuppa. It features in the SFWI Calendar for 2021 - along with others to inspire you !

Rhubarb & Yogurt Loaf

Ingredients

- 225g (8oz) caster sugar
- 125g (4.5oz) unsalted butter
- 5ml (1 teaspoon) vanilla essence
- 2 eggs, whisked
- 300g (10.5oz) self raising flour
- 260g (9oz) natural yogurt
- 400g (14oz) forced rhubarb, chopped
- Icing sugar to dust (optional)

Method

1. Preheat oven to 190c (Gas Mark 5)
2. Cream butter, sugar and vanilla essence until pale.
3. Beat in eggs, gradually then stir in flour, yogurt and rhubarb.
4. Pour into a lined loaf tin and bake for 40 – 45 mins using a cocktail stick to check if loaf is done.
5. Cool on a rack then dust with icing sugar if required.

Committee News and Activities

Education and Public Affairs



Homes and Gardens Leisure and Pleasure

The Coronavirus Pandemic has shown us how important our green spaces are to our physical and mental well-being.

This year's **Garden Festival Trophy Competition** is for a **Photograph of Wildflowers** sown by a Member in their own garden or community space during 2021.

The entry fee is £3.50 per entry.

Your photograph should be in landscape format. Entries may be submitted by post or emailed in digital format to admin@sfiw.org. There should be nothing written on the back of photographs that are posted. The competition will be judged independently.

All entries will be displayed at an SFWI event. They will also be uploaded onto our Pinterest page if sent in digitally.

Get sowing! Your local environment will benefit and you will give pleasure to everyone who sees the colourful flowers.

To enter, please complete the form below and return with your cheque and photograph to: SFWI Federation Office, The Cornerstone, Common Road, Stafford ST16 3EQ or alternatively email admin@sfiw.org and pay by bank transfer to The Staffordshire County Federation of Womens Institutes, Sort Code: 30-84-26 (Lloyds Bank), Account Number: 41005868. Use reference GFT/Surname/WI. Please state date payment was made. Entry form, photograph and payment to reach us no later than Tuesday 31st August.

EDUCATION AND PUBLIC AFFAIRS SUB-COMMITTEE March 2021
Garden Festival Trophy 2021—Wildflowers Photo—£3.50 per entry

NAME OF WI Email

Name and address

Location of Photograph.....

Payment: By cheque, attached Bank Transfer Date.....

Photograph attached Sent by email Ref.....

The entry form can be downloaded from our website by visiting www.sfiw.org.

The first of many online events arranged through Eventbrite saw Jonathan Moseley at his very best chatting, giving great tips and information on foliage and flowers, whilst providing us all with an Easter arrangement, to which we could aspire. Thank you to all of you who joined in. Everyone felt elated and uplifted after the hour and inspired to go out and forage for greenery and buy some spring flowers.

Jonathan has a very good website with a shop! <https://www.jonathan-moseley.com> There are beautiful cards for sale as well as a beginners floristry kit. Do have a look.



Save the Date

Wednesday May 26th 2021
Zoom Talk~ 7.30pm
Sarah Slater a Guide Lecturer at
Hampton Court Palace



'Ghosts of Hampton Court Palace'
Book with Eventbrite—Tickets £5
Full details to follow

Jenny Crump and Verity Conner

Test your Knowledge!

Don't Forget to sign up for our Quiz on 22nd April at 7pm. Email admin@sfiw.org no later than 15th April. Details on our website.

EVERY ACTION COUNTS

FACT

Brushing your teeth for 2 minutes with the tap running wastes about two gallons of water. That's a bucketful down the drain — every time!

HOW TO ACT

Turn the tap off whilst brushing your teeth! And encourage others to do so, too.



Member Support Team

Hello everyone

We hope you all had a wonderful Easter.

We had another catch-up meeting for Presidents which was very successful. It was so great to see you all.

Takeaway messages : budget for your future, look at your reserves and spend your money for exciting events for members to come back to.

You can be more flexible with your meetings : the Pandemic has given us an opportunity to think differently.

We have had a jig around with our contacts list for WI Advisers as our team is so small, by now you will have been advised of the changes; if you are not sure, please contact Amanda our Federation Administrator.

We continue to be available for support and advice; don't hesitate to contact us.

Helen Mancey and the Member Support Team.

Crafts, Art and Design

Well, another great session with Lynda who showed us stitches used in ribbon embroidery – French knots, straight stitch, gathered stitch and a rose. It was so good to hear your comments and to know that we are reaching beginners and experienced crafters alike.

The book referred to was 'A Beginners Guide to Silk Ribbon Embroidery' by Ann Cox.

The next sessions will be

24th April 10.30 am – Janet sewing a Tudor Rose

29th May at 10.30 am – Dilys with a patchwork mug rug

12th June at 10.30 am – Nancy Hawksworth with Jam hints and tips – this event will cost £3.

7th August at 10.30 am – TBA

Please see enclosures sent to your WI and on Facebook for full information and registration.

The second issue of 'Let's Craft' will be available towards the end of April.

We have loved seeing and chatting to you all on Zoom but we hope that during the later summer months we may be able to see you in person at Cornerstone to craft and chat.



But CAD needs you – what crafty subjects would you like our committee to source for you? Do you know someone who inspires you? Do you have a crafty idea that you would like to show others? Please do let us know by emailing admin@sfwi.org.

Don't Forget our Competitions –

Rose Deag Rose Bowl – watercolour for novices entitled 'From my Window' – details are with your secretaries, on Facebook and our website www.sfwi.org.

Rosemary Palmer Competition for 2021 – an upcycled piece of Ladieswear – details are with your secretaries, on Facebook and on our website www.sfwi.org.

Janet Moorby

Craft, Art and Design Chairman

April = MCS Month

What is the MCS? MCS stands for Membership Communication System.

What does it do? The MCS enables communication throughout the organization. When a new member joins, her details should be collected by her WI using the 'WI Member Details Form' (available from your federation or to download from the WI Training) and added to the MCS. As soon as this is done she will be sent her new member's welcome pack and begin receiving WI Life.

The MCS (Membership Communication System) is the most important tool at all levels of the WI. Therefore, it is vitally important that the information stored here is kept up to date. To highlight this, April and November have been designated as 'MCS month' throughout the organisation. All WIs are encouraged to appoint an MCS Rep to take responsibility for their records, and WIs who already have an MCS Rep are asked to ensure that all their records remain accurate: **Is where and when my WI meets correct? Do members have an accurate up to date email address listed?** Personal information held within the MCS is never sold or used for marketing purposes, and we would encourage all members to have an email address listed in the MCS to allow for faster communication. Email addresses also allow access to WI Training and My WI - the dedicated members' only website which is linked through the MCS to ensure that the site is only accessible to members. If a member wishes to take advantage of My WI she will require a valid and current email address entered on their MCS record. It is also a good idea to review these periodically as email addresses can change.

Are all paid-up members listed? Are all members' details correct? Are all lapsed members removed? An accurate membership record will help NFWI not to send WI Life copies to those who are no longer WI members as this is a costly waste of resources.

Are all officers' roles and committee positions assigned to the correct members? There is a function on the MCS to allocate roles to members, for example WI Officers, which are the President, Secretary, and Treasurer. This information is used to send NFWI mailings three or four times a year to WI Secretaries. **Therefore it is important that this information is always up-to-date to avoid correspondence failing to reach the secretaries currently in post.** Incorrect entries will result in your WI missing out on national mailings, voucher books and raffle tickets.

Are members' details safe? As technology advances NFWI work with the developers of the MCS to ensure that member details remain safe. Passwords are encrypted and access is restricted only to those who require it. Work is ongoing to ensure that the system is fully compliant with the data protection regime in the UK, including the General Data Protection Regulation (GDPR) and Data Protection Act 2018 (DPA 2018).

What is an MCS Rep? An MCS Rep is a member who has volunteered to take responsibility for her WI's records on the MCS. Federation Office/NFWI will issue her with a unique login and password to ensure maximum security of the system. While it is helpful for an MCS Rep to have basic computer literacy she does not need to own a computer, just be able to gain access to one, for example at a library or community centre. An easy to follow guide to the MCS can be found on My WI under the 'MCS Reps' section, as well as by clicking on the Help button on the MCS.

If you have any queries regarding the MCS, please contact Federation Office or MCS Representative in the first instance, who can request further information from the NFWI if necessary. Thank you.



- Quiz Answers
1. A dishwasher uses, on average, 50% less water than handwashing dishes and rinsing under a running tap.
 2. Neither! Both have direct and indirect manufacturing and disposal costs - Always take your own shopping bags!
 3. False - energy continues to be used to run internal clocks, remote control sensors etc - Always switch off at the wall.
 4. False - Research shows that hybrid cars perform just as well as their conventional counterparts.
 5. 5% of your heating bill is saved by tweaking the thermostat by just 1 degree - it also saves fossil fuel resources, too.