



Farringdon WI Monthly Newsletter – December 2017

This is our 5th Newsletter, which highlights dates in the month for your quick and easy reference. Our hope is to simplify the correspondence and reduce the time given to business at the meeting. It will be available on line the Monday preceding the Wednesday meeting. Hard copies will be given to those members not on line. We welcome your feedback on the content.

Next Monthly Meeting, 13th December Social Event

Christmas Lunch at Lower Woodside Barn, Woodside Lane, by kind permission of Etta and Hugh Bevan, 1pm. Arrive from 12.30 pm.

We look forward to enjoying our Christmas Lunch together again this year, with all those who have booked with Dee. (Bookings have now closed) Please arrive from 12.30pm. There is ample parking available. Please contact any member of the Committee if you are uncertain of directions or require a lift.

Dates for this Month:

Knit and Natter: Not this month

Lunch club Not this month

General updates:

THIS MONTH'S CRAFT CHALLENGE IS.....

Decembers craft challenge is.....**to make a Christmas Decoration** - any medium may be used. Happy Crafting! Gill Pears

WI Bench and Garden area. 'Put to bed for the Winter' Thank you to all who tidied the area and to those who decorated the obelisk for Christmas with ivy and baubles! Sadly our solar lights are not responding well to the dull days and are not lighting up! Next year perhaps, we can plan well ahead and raise funds for a Christmas tree and a better set of lights!

Finance

Reminder:

Our finances are pretty much fully committed with the printing of the new cook book with and the requirement to pay 28 days following the order and therefore prior to sale. **It is therefore essential that for all orders of the Cookbook, bookings for courses or Centenary events, we all pay ASAP.** Thank you for your continued recognition and support on this matter. 😊



Book of the Month

The Tin Soldiers by JJ Cowan – yes, our very own Farringdon resident, Jeremy Cowan! Just published. We wish him every success.

Synopsis

Raphael Undu is 13 years old, a farmer's son in Congo's rebellious, mineral-rich east. When war scatters his family, he must protect his little sister, Keisha, and try to reunite them. He is a tough and resourceful boy, but ranged against him are rebels and a renegade army, vying for control of mineral wealth beyond imagination. While Raphael's personal crisis spirals out of control, photographer James Falkus follows clues to the Congo, hoping to piece together the puzzle surrounding his birth parents. James, however, is opening a Pandora's box, with devastating and far-reaching consequences for everyone around him. All the while, the lives of ordinary people are being manipulated by powerful national and global forces locked in a struggle for control of the country and its natural riches, and playing a high-stakes poker game for global influence. Only one thing is certain—nothing and no one here are what they seem.

Available from Waterstones and Amazon.

WI News on the Farringdon Biz

Please take a look at the WI updated news on the Farringdon Biz. Chat with the committee if you have any ideas for information to be included in the future.

Centenary Activities - update

Centenary Sub Committee The Centenary sub-committee (Kate F, Kate C, Dee, Marianne and Dawn) met and plans are underway which will be shared and discussed with all members in December. See the 2018 Programme of events.

Meanwhile, If you have any thoughts you would like to share on our 100yrs please speak to any Committee member.

2) **Save the date.** **Centenary Lunch with entertainment, January, 22nd 2018**

The Rose and Crown, Farringdon. Please, please put this date in your diary and let us join together to celebrate the very first meeting of Farringdon WI on this **exact date, 100 years ago**. Details will follow but I can tell you at this early stage that it promises to be a wonderfully entertaining and celebratory lunch in our newly refurbished pub! Our thanks to Marianne Prynne, Kathy Barber and Debbie Newton for enthusiastically planning this event! ☺ See **The circulating sign up board at the Christmas Lunch on the 13th December.**



3)**Centenary activity.** 'How to live to 100' February 14th2018 (full details at December meeting) The activities will run for the day on the theme of 'How to live to 100' and will include:

St John's Ambulance Essential First Aid Course, .East Tisted Village Hall.

We will serve a Healthy Lunch at 12. 45 pm and Cardiac Rehab will speak at our regular meeting in the afternoon.1.30 pm.

4)**The Centenary Cookbook** – available now, £ 7.99. The perfect Christmas gift with contributions from WI members and other Farringdon residents.For your copy see Anne Charrington.

Future Farringdon WI Dates for your diaries:

January Meeting 2018 :Wednesday 10th January.

1.Speaker from 'Relate – The Relationship People'. Amanda Major gives her insights into her work as a sex and relationship therapist.Further details in January.

2.At the meeting we will vote on National Resolutions. Please read these notes before the January meeting.More information may be found on the National website.

Final 2017/18 Resolution Shortlist

Below is the final shortlist of resolutions for the 2017/18 resolutions process. This list was developed by federation representatives at the Resolution Shortlist Selection Meeting on 2 October.

1.Positive body image in a digital age

This meeting urges every WI and the NFWI to campaign to ensure that government and the media industry promote healthy body images and ensure diversity is represented in the media.

2.Stop female genital mutilation

Almost 200,000 women and girls in England and Wales are affected by or threatened with the risk of female genital mutilation (FGM). This figure rises to 200 million worldwide. FGM is illegal in the UK, but it is still happening. We urge the NFWI to use its collective voice and influence to raise wider awareness of the traumatic health consequences of FGM and support and partner with agencies that are working to end this practice in the UK and worldwide.

3.Raising awareness of modern slavery in the UK



Modern slavery affects thousands of people in the UK every year, and leaves them facing servitude, forced or compulsory labour, sexual exploitation and human trafficking. This meeting calls on every WI and the NFWI to raise awareness of this important issue and to lobby for more effective support for the physical and psychological health of victims of this crime.

4.Mental health matters

Mental health matters as much as physical health. The NFWI urges all WI members to recognise the importance of parity between mental health and physical health, and take action to make it as acceptable to talk about mental health issues as much as physical health issues, and to lobby government for better support for mental illness.

5.Healthier Mouth, Healthier Body

Health research suggests that there is a link between gum health and serious illnesses such as heart disease, stroke and even dementia. The NFWI calls upon the government to raise awareness about the importance of oral health and the impact that it can have in preventing life changing acute and chronic health conditions.

Finally, on behalf of the Committee, we wish you a very
☐ 'Merry Christmas and Happy New Year' ☐