



Summer Autumn 2021 Issue 78



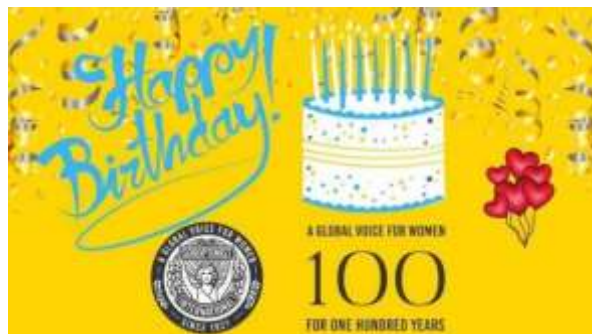
President: **Rose Marginson**

Dear Club Members,

Where did the year go? Summer came at intervals. A work project presented itself, across four African countries, working with the old 'dream team', but from home! We've done the preparations and are waiting to hear if it will go ahead. After 15 months apart, Jeff & I are enjoying long weekends 'away' at his house or mine. We postponed September in France again but replaced it with a very enjoyable 'staycation'.

..... so that's why you have a combined Summer & Autumn Edition – thank you for your understanding.

Sue Underwood



President's Message – President Rose Marginson



I've been so glad to eventually start having our club meetings back at Sale and great to be able to combine it with zoom. Hybrid meetings seem to be the way forward and of great benefit to those who can't get to the meetings. In our first meeting in August I welcomed Val officially as a member, presenting her with her badge.

We've had some very interesting speakers at our meetings including Kieron Mc Glasson from 'Sow the City', Angela Downing from Alexandra Park and Lydia Chan and Donna Barber from 'The River

Charity' who do great work supporting families fleeing domestic abuse. In June I presented our **Soroptimist Manchester Arena Memorial Award** to Tameka Cunliffe at Pendleton College. It was a pleasure to be invited to watch her and her fellow students at their performance given these difficult COVID times. Congratulations to Tameka who was chosen for our award by the teachers at Pendleton.

Thank you to Pat for arranging our 95th birthday lunch at the Pinewood. It was the first time we had gathered since March last year and what a delight to be together again.

Thank you also to Carina for her two foraging talks. I enjoyed them both.

Covid is still present which still causes some restrictions and a need for caution particularly going into the winter. Take care and thank you to all of you for helping us continue our work in the past eighteen months.

President Rose



The International Day of Peace is observed around the world each year on 21st September.

Soroptimists were asked to light candles during to 10 days leading up to the Soroptimist International Centenary Celebrations starting on 1st October and to make a wish for a better world for women and girls.

We're Back Together Again.....But Not As We Knew It! ...SIM goes Live Hybrid!

At last, we heard that our August Club Meeting could be a real face to face gathering!

.... But, were we all ready and able to attend in person? (Actually 12 attended and 6 zoomed in)

We decided to explore the idea of an 'in person' and 'zoom' hybrid meeting.

I zoomed in from home (sure of a good connection) and Barbara tackled the technology on site, thankfully with good Wi-Fi too. A speaker was invited and she had the option of attending or zooming in as required!

We made use of the 'big screen' too, initially showing the 'Zoomers', then we all watched a video presented by our speaker on the 'History of Alexandra Park'.



The attendees had a normal meeting and the Zoomers had their usual views



We did have a few technical 'teething problems' with an irritating lag between the laptop and big screen (an HDMI cable will fix that!) and passing the laptop around to anyone who wanted to speak was cumbersome (next time we will have a tablet as well as the laptop available) Also, as in any meeting, zoomers couldn't hear when everybody talked at once, but all was well when usual meeting etiquette was followed.

A pandemic may have forced us into this experiment but this hybrid approach is of benefit to members who cannot get to meetings due to health, transport or work challenges, so could be the future..... **What do YOU think?**

Sue Underwood



Our August Club meeting was the first meeting together since March last year . What a pleasure being together and for those who weren't able to attend, the option of zoom .

We had a great talk and video about the history of Alexandra Park from Angela Downing, including the times the suffragettes marched in the park.

It was a pleasure to officially welcome Val, one of our newest members.

President Rose

Sunday Lunch Celebrating our 95th Charter Anniversary

On Sunday, 11th July, 30 Soroptimist Members, friends and family met at the Pinewood Hotel for a very enjoyable lunch, one which had been re-arranged many times due to Covid restrictions. Though still having to wear masks when taking an upright stance, we were able to remove them when sitting at our tables - socially distanced, of course!



However, it was really good to see old friends and to identify new ones. Our Honorary Member, Kathleen, had made a special effort to come from her home in Anglesey.

As usual, the Pinewood did us proud and the staff were lovely.

Maureen Heywood



Our first get together since March last year. Celebrating 95 years since our charter. What a pleasure to meet up and have a great lunch.

Thanks to Pat for arranging it all.

President Rose

Zoom with S I Chemnitz, Germany

A few of us were pleased to have a zoom chat with some of the future members of S.I. Chemnitz.

Andrea Stockel who contacted us to arrange it had visited Manchester in 2018 with a group of schoolgirls and their mothers . We facilitated at the time a trip to the Pankhurst Centre. Susan Hollick who volunteers there, did their tour and they all really enjoyed the experience . In 2019 Andrea joined S.I Dresden but wanted to join a club nearer where she lived in Chemnitz . She is now gathering a group of women to form a new club there. She had had a zoom meeting with them and suggested a meet up with some of our members to find out more about the work we do .



Thanks to Sue U. facilitating the technical side, we had a lovely few hours chatting to them . One of the members from SI Dresden was also on partly as an interpreter if needed. They all seem very enthusiastic and hopefully S.I. Chemnitz will soon be chartered . We wish them luck and hopefully will have a further chat in a few months to hear how they are progressing .

Rose Marginson

Letter from S I Grosse Point, One of Our Friendship Links.

Dear Malgorzata,

It is always such a delight to read your newsletter. I'm getting ideas on how to improve ours. In particular, I will start by asking for new members to introduce themselves. The positivity and the support of women comes through in each and every section. The Zoom bake along, the letter from New Hope, the recipes--well, there's too many to name!

Unfortunately our state of Michigan is in the top five states of having COVID cases. Some of it could be attributed to COVID fatigue, and the elders have been vaccinated so some think it's just fine to go out unmasked which sends the wrong message to others. With the variant, even those inoculated must continue to be vigilant.

Our club, SI Grosse Pointe, Michigan, is doing well. We managed to raise more money than last year and to give educational awards to women via a Zoom Awards Ceremony. That's the important thing--that we keep women in school.

We soldier on as we've learned from you Britons and send warm wishes to you, your club members and your region.

Best for Women,

Nancy Solak,

Editor The Pointer Newsletter, SI Grosse Pointe

Malgorzata Kmita



Visit Nancy's web site, A Reluctant Traveler www.areluctanttraveler.net



SI Essen Victoria Club celebrated their 20th Anniversary!

Anne-Dore Quack writes on behalf of President Melanie and all club members of Essen Victoria

Dear friends and Sorores Optimes of Manchester!

GLORIA VICTORIA..... Our **SI Club Essen Victoria** proudly announces its birthday: **20 years , hurrah....**

Surely this is not very much in comparison with many other clubs, especially your club which already exists so many more years...

We initially intended to spend a wonderful day all together with different activities and a party in the evening....but due to the corona situation we had to alter the preparations... BUT we knew for certain: we did want to have a celebration and have fun! And WE DID!!!!!!!

We planned a zoom meeting on the evening of the 8th of May (digitally organized and by Dorothe)

All club sisters were asked in advance to participate in the programme with a present whatsoever.

For the evening a festive outfit (from the waistline upwards 😊), the wearing of our wonderful club brooches (handcrafted by Monica, every single one is unique!) and a drink nearby was recommended.

A couple of days ahead, all of us received a mysterious little packet with the remark :

NOT TO OPEN BEFORE EVENING MAY 8th

May 8th, 7 o'clock p.m.: Here we go: 25 club sisters full of joy and excitement can be seen on the screen.

First President Melanie takes over. She welcomes us in her speech and thanks heartily for the many virtual presents which would be shown later on. Then she wishes everybody a joyful, intense and interesting evening in fellowship.

Now we are asked to open the parcels.....amongst others there is a candle in each of them, either in SI blue or yellow, representing "thoughts" (blue) and "heart-warming" yellow. We all light our candles as a reminiscence of our initiation ceremony. Cheers !!!!!!!



Now we hear an interesting report about the beginning of SI Essen Victoria 20 years ago.; The Charter was on the 5th of May 2001. Essen Victoria started with 24 women, 11 of these are still club members . The Charter Document was handed out by Maria Rozko, the SI governor of Poland at that time..... (what a coincidence, dear Malgorzata...!!!)

This is followed by a presentation "how we are today" and our birthday song "GLORIA VICTORIA".

Thank you so much for your lovely anniversary greetings! We read the text aloud and during that time photos of your visit to Essen can be watched on the screen, so nice.

Now further "presents" are demonstrated; the topics are colourful and various and very interesting:

SI convention in Cyprus 2012; club excursions; the positive mentoring of a female migrant ; a visit to Madagascar, and an exchange inter alia with local SI sisters; Corale Feminale (a charity performance with the cabaret female choir); collective activities i.e. WenDo; thoughts about the ideas and aims of SI, origami butterflies; a poetry slam; SI ideals in literature; a fictional club meeting with a special humorous view of our personal peculiarities; a visit to Abbess Franziska Christine, a flower on the windowshef; the Friendship with your club; a portrait of Marianne Hainisch.....

And in between funny short music videos provide a good atmosphere.

A quiz about SI is a must.....Meanwhile, you would not have thought 3 ½ hour passed by!!!

We sang our birthday song again.....Good Bye!!!!

What a wonderful evening!

Hopefully we can meet in person again soon! Take care. With best regards, in Friendship

Anne-Dore Quack

"Make Your Voice Heard" – Alexandra Park – Speaker's Corner

On Sunday the 12th of September a celebration took place at Alexandra Park, which is located between Whalley Range and Moss Side, which explored the Park's past and present including its rich heritage as a place of protest, dialogue, and expression of diverse opinions. The celebration included art, spoken word, and graphics. The event was well attended including three lively SI Manchester members Valerie, Elaine and Malgorzata.

Alexandra Park in Manchester celebrated their 150th anniversary in 2020 and the Park's Heritage Group made "Protest in the Park" the theme for the year. This coincided with the re-creation of the "Speaker's Corner" and the Heritage Group worked hard to develop leaflets, an Interpretation Board, and the active participation of students from the local Loreto College.



The story of protest in the Park began in 1870 when it first opened. Originally, people were forbidden to protest in Parks but Kier Hardy, the founder of the Labour Party, challenged this in 1892 by organising a huge May Day rally and from then on the laws on protesting were gradually relaxed.

An informal Speaker's Corner developed at the Gates of the Park around 1906. The groups who supported this development included Suffragists and Suffragettes, Conscientious Objectors, the Independent Labour Party, supporters of an independent Ireland, fascists and anti-fascists, and many other groups and individuals. Eventually Sunday mornings became established as the regular time for speakers to bring powerful issues to an audience who would cheer and boo the speakers depending upon their sympathies. The Speaker's Corner became a place of education for many as the speakers brought to the attention of audiences many issues with speeches being delivered passionately and with commitment.

The 12th September event in the park was originally scheduled to take place in 2020 which was the 150th anniversary of the opening of the Park. Due to Covid restrictions, however, it was postponed until this year. The event highlighted the importance of raising awareness of a range of contemporary issues through the medium of having a public space to give people a voice. The anniversary celebrations included flags made by local community groups in different languages representing the culturally diverse areas around the Park.

The event also coincided with the visit to Manchester of a group of young Christians, representing the Young Christian Climate Network who formed part of a relay team walking to Glasgow for COP26 to draw attention to the issues of Climate Change. They were supported by the Whalley Range Climate Action Group and many local people.



Speakers also included eight students from Loreto College who recited poems and spoke passionately about issues they are facing in their lives including their experience of racism, the importance of green spaces and parks and the role of parks, and ecological and justice issues.

Dr Ali Ronan gave an engaging talk about the history of the role of Suffragists in fighting for the right of women to vote and play their part in presenting a vision for a more just and fair society. Their message continues to inspire and empower women and men today.

Anthony Brown spoke passionately about the experiences of the Windrush generation and the controversy regarding their

right to British citizenship which, in recent years, had often been contested and, in some cases revoked, by the Government which shamefully deprived many of their legal rights. The event concluded with a blessing from Revd Grace Thomas, the Diocese of Manchester's Environment Officer.

This anniversary event passionately and engagingly explored a range of complex, yet thoughtful, issues which brought people together through the sharing of stories and experiences. Soroptimists of Manchester were delighted and felt privileged to take part in this significant event. We look forward to meeting again at the Speaker's Corner.

Malgorzata Kmita (& Val's Photos)

A "Hug In A Mug"

Great to be back doing something!

We packed 100 mugs with sachets of tea, coffee, hot chocolate and a biscuit.

Each mug wrapped in biodegradable paper to be delivered to the Refuges.

One of the mugs will be given to any woman entering a Manchester Refuge escaping domestic violence.

Little things make a difference.



President Rose & The Team!

SIMple Green corner!

The PLANET group have two programme actions at the moment. It's not too later to get involved:

1. **Project Green Footprint:** this is running for a year and it's about reducing our collective carbon footprint.
2. **Sunflower Project:** we're planting sunflowers to support bees and other pollinators as they go about their business.

For information and free seeds if you would like to plant sunflowers, please email Carina: badgercarina@gmail.com (Results now declared!)

Some of us are using **TreeApp** to plant trees. It is completely free – you watch an advert and can plant a tree a day. Carina has 'planted' enough trees this year to offset her entire carbon footprint – so this year she is already carbon negative!

Some points from the **TreeApp** website:

- There are planting projects all over the world – you can choose where you would like to plant your tree
- Trees are planted by local non-governmental organisations which *"create local jobs opportunities, reduce air, water and soil pollution and bring communities together"*
- More information [here](#)

You can calculate your carbon footprint [here](#)



Other tips... this month for those who live with non-human housemates.... Over to Barbara & the Gang!



Results of the Sunflower Challenge



Congratulations to club President Rosemarie for growing the tallest sunflower 🌻



Malgorzata's sunflowers – the cut heads ready for picking the seeds (13/10/21)

& Sue U's dwarf variety refusing to give in! (15/10/21)



Carina Badger

✿ A FEW WAYS TO BE AN ECO-FRIENDLY PET OWNER



Many of you will be aware that I share my home with several pets – current roll call (in order of seniority): Betty Boo the border terrier, Psycho Sophie a tortoiseshell cat (she's the one you will see on Zoom calls occasionally), FH Jamie the loopy Labrador, Crazy Casey another tortoiseshell cat and Freddie (Kruger) a black and white cat, our latest addition.

Prompted by the club's Green Footprint Challenge I decided to have a look at how I could make small changes to reduce the environmental impact of the gang. Several of the ideas came from two articles published in Your Cat March and April editions. This is what we have done so far:

🐾🐾 **Changed to biodegradable cat litter**

Clay based litter is bad news for the environment – not only does it have to be mined but it is also not biodegradable or compostable. We've opted for Catit Go Natural wood clumping litter which is made from sustainably sourced wood offcuts - they also do one made from pea husks – but there are a number of other wood-based litters on the market.

🐾🐾 **Made our own cat beds!**

Everyone knows that cats love a cardboard box. My first delivery of Catit was helpfully delivered in a box designed to be converted into a play box/bed. Freddie has made this his own!

🐾🐾 **Changed from cat food sachets**

Difficult one this, as it does depend on how fussy your animals are. Fortunately, my lot have taken quite quickly to their new regime of food from tins and foil trays, all of which are recyclable even in Greater Manchester.

🐾🐾 **Alternative cat toys**

It's easy to get tempted to buy lots of new plastic toys when there's a new kitten in the house but Casey made it clear very early on that her preference was for a box and simple old tie wrap!! And we are now growing our own cat nip (nepeta cataria) 😊

🐾🐾 **Poo bags!**

Let's face it – no dog owner likes a flimsy poo bag! We now use Earth Rated poo bags which are large and strong and Eco-friendly too.

There are many other ways to reduce the environmental impact of our much-loved pets and I'm still looking at other things that I can do. Please do share anything that you tried.

Barbara and the gang 🐾🐾🐾🐾🐾🐾🐾🐾



Click on these links for more tips from the [RSPCA](#) and [The Wildlife Trust](#)

Carina Badger



Climate change

A glossary of the words you need to know in the fight against global warming

Climate change affects everybody on this planet, so it is important to know all the terminology surrounding it. Here are some of the most important words and phrases:

Adaptation

Changes in processes, practices and structures to help cope with the effects of climate change - such as building flood defences or switching to drought-resistant crops.

Biodiversity

A wide range of living organisms, such as animals and plants, in an environment. Biodiversity is essential for ecosystems to survive. For example, without plants, there would be no oxygen - and without bees to pollinate, there would be no fruit or nuts.

Biomass/biofuel

Biomass is any organic matter that comes from plants and animals, such as cow dung, corn crops or wood chips that can be used for renewable energy.

Biofuel is the fuel derived from biomass. The UK considers biofuel renewable, but some scientists say it is not as it emits carbon dioxide.

Carbon budget

The amount of carbon dioxide that a country, company or organisation has agreed is the most it will produce in a particular period of time to meet emission reduction commitments.

Carbon capture/sequestration and storage

The collection and transport of concentrated carbon dioxide gas from large emission sources, such as power plants. Those gases are then injected into deep underground reservoirs. Geological sequestration is another name for carbon capture.

Carbon intensity

The amount of carbon, by weight, emitted per unit of energy consumed.

Carbon markets

One country pays for carbon emissions to be reduced in another country so the first country can count those reductions towards its own national targets. This can also be at regional or company level, with those who are going to exceed a greenhouse gas cap are able to trade allowance from a company that will not reach the cap.

Carbon offsetting/credits

The practice of reducing carbon dioxide or other greenhouse gas emissions made in one area to compensate for emissions elsewhere. This could be planting trees or taking a plane and often involves a company funding a project elsewhere - restoring forests or developing renewable energy, for example.

Carbon tax

The amount those producing carbon must pay for each tonne of greenhouse gas emissions.

Climate change

The long-term changes in the Earth's climate, or a region on Earth, including variations in sea levels, amounts of snow and sea ice.

Climate finance

Local, national or transnational financing that seeks to support mitigation and adaptation actions to address climate change. The Paris Agreement calls for financial assistance from those with more financial resources than those that are poorer and more vulnerable.

Climate justice

Looking at the climate crisis through a human rights lens instead of a purely scientific one. It puts people and communities most vulnerable to the impact of climate change at its heart.

COP26

The 26th UN Climate Change Conference due to take place in Glasgow from 1 to 12 November 2021. COP stands for **C**onference **O**f the **P**arties. It will bring world leaders together to agree on what actions need to be taken to achieve the Paris Agreement goals and those of the UN Framework Convention on Climate Change.

Energy mix

The different energy sources used in a geographical region, and in what proportions - often split into renewable (such as wind, solar and tidal) and non-renewable (such as gas and coal).

Energy transition

The global energy sector's shift from fossil-based energy production and consumption to renewable energy.

Fast fashion

Cheap, often poor quality clothes produced rapidly by mass-market retailers in response to the latest trends. They are bought regularly and are often only worn a few times before being thrown out.

Global warming

A gradual increase in the Earth's overall temperature caused by increased levels of greenhouse gases such as carbon dioxide, refrigerants (CFCs) and other pollutants that absorb infrared radiation.

Greenwashing

Disinformation produced by an organisation to present an environmentally responsible public image.

IPCC

The UN's Intergovernmental **P**anel on **C**limate **C**hange. It was created to provide politicians with regular scientific assessments on climate change, its implications and potential future risks and to put forward adaptation and mitigation options.

Mitigation

Actions to limit global warming by reducing human emissions of greenhouse gases into the atmosphere and reducing their concentrations. Electric cars are a form of climate change mitigation as they reduce human-induced carbon dioxide emissions

NDCs

Nationally **D**etermined **C**ontributions of each of the Paris Agreement's signatories.

They are national climate plans highlighting climate actions, including targets, policies and measures aimed at reducing climate change.

Net zero/absolute zero/carbon neutrality

All terms for when the amount of carbon dioxide emissions released on an annual basis is zero or negative.

Paris Agreement

A legally binding international treaty on climate change adopted by 196 parties at COP21 in Paris in 2015. Its goal is to limit global warming to well below 2 degrees, preferably to 1.5 degrees, below pre-industrial levels.

Every five years, countries must submit their plans for climate action (NDCs) and in 2020 they had to submit a long-term plan.

UNFCCC

The **U**nited **N**ations **F**ramework **C**onvention on **C**limate **C**hange is an international environmental treaty addressing climate change.

It was signed by 154 states at the Earth Summit in Rio de Janeiro in 1992 with the aim of stabilising greenhouse gas concentrations to prevent dangerous human-induced interference with the climate system.

Pat Usher

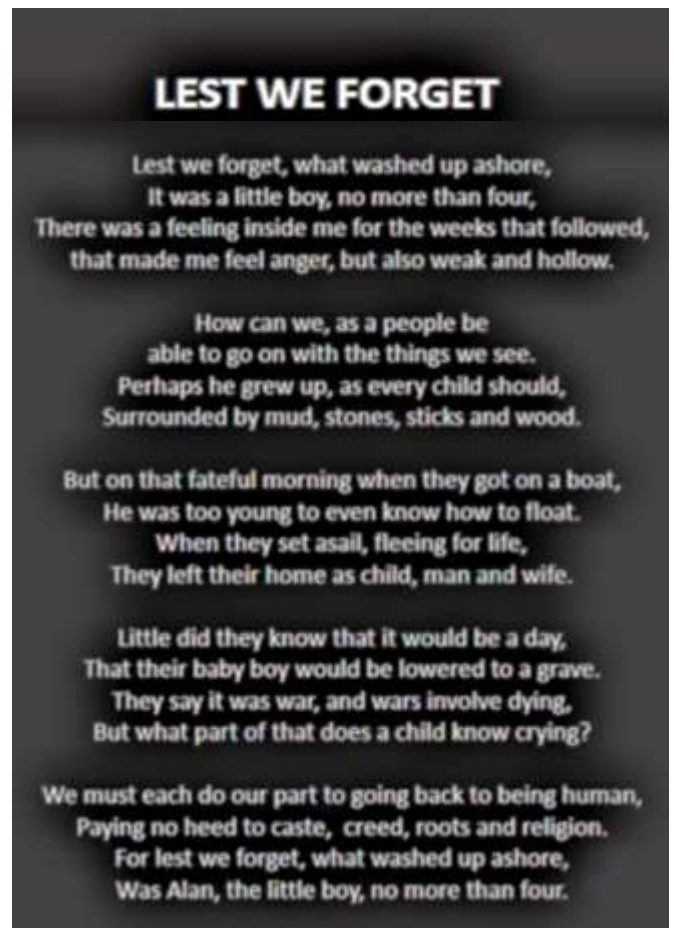
(Thanks Pat, I feel a Quiz coming on!.....)

"Membership & Fun" – Zooming with Clubs in India

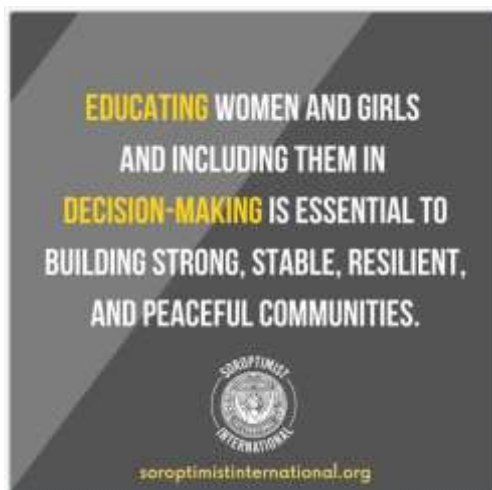
In May, Anitha from S I Madurai lead the zoom session of 100 members (apparently the Zoom limit!) During the evening, our afternoon, members contributed poetry readings, songs and dance routines. We were all invited to take part in drawing sessions and Yoga.



Betty Sibil (from SI BC?)
read
"Lest We Forget"
by J J Chakola
about the little Syrian boy
whose body was washed
ashore.



In September Our Thoughts Were With The Women of Afghanistan:



"And while I'm free.
To put on a light dress
Have a cappuccino at the bar
To read a book.
To write a post on facebook.
While I am free to oppose, to believe, to
decide, to shout, to live.
While I plan, project, dream.
I think about how lucky I am to live in this part
of the world.
And I think, today of the women of Kabul."

Laura Aduanas



Many thanks to those members and friends who valiantly knitted/crocheted 144 beanie hats for the children of the tribals at New Hope. Pat is very kindly sending most of them immediately and will hold back some for later.



I thought you might be interested in a couple of e-mails between Eliazar Rose and myself in mid-May, showing how they are coping with Covid. I try to leave Eliazar's text almost as it is written.

Subject: Vaccine for the Kondh Dogria Community

Greetings - After one of those New Hope versus the Government red tape problems we have at last been allocated vaccine for the Tribal Community.

With Covid in Muniguda and no traders coming to town - life for the tribals has been hard and we have been supporting them - they had no way to barter. So we supplied them with essentials – dahl, as they had run out of their stock, onions, potato, beans to germinate and masks and more masks! (Became the fashion!).

The Government has said they will send a 'team' to do the vaccination. Sakuntala (*think she must be one of the New Hope staff – Maureen*) made a big show of getting her 'jab' at the P2 Centre. Now I have to convince the Govt staff to come to P2 Centre - Tribals frighten them sometimes carrying their bows and arrows and women with sickle for cutting wood in hand - AND the Tribals not liking the 'evil eye' Government Nurses.

In the end – well, maybe Padma and Sakuntala and I will do the vaccinating with the senior 5 Traditional Birth Attendants. But I am so happy. The Government Medical Officer was a bit nervous with myself and Sakuntala standing and refusing to sit and Sakuntala giving him a blast in Oriya dialect - Sounds strange but this is good news.

Dear Eliazar

Poor Government Medical Officer! He must have been terrified of you and Sakuntala - so very well done! Good luck with persuading the Tribals to have the vaccination because we, also, have problems persuading certain groups of our society to trust it but it is obviously so vital that we all co-operate. As they say, nobody is safe until everybody is safe.

Fond greetings to you all.

Maureen

Maureen Heywood

'Newhope India' Post on Facebook on 2nd October

BIRTH CELEBRATIONS of MAHATMA GANDHI- Father of the Nation. His concern for LEPROSY affected persons stunned many people at the time. He set examples. By peaceful means against the might of the British Empire he inspired Indians to achieve Independence.

Today New Hope tries to follow his example in the care of leprosy affected.

People who supported our appeal during COVID ensured aged in colonies who could not go begging with 'lockdowns' received food support - Thank you for this humanitarian help. You are still remembered this day - Thank you Eliazar



The Act4Africa team are delighted to welcome Madelaine Johnston as Act4Africa's new Chief Executive Officer. We are excited to have Madelaine leading Act4Africa, taking the organisation forward while building on the outstanding work over the last 20 years, thanks to the hard work and dedication of our founders Martin and Kathy Smedley. Madelaine has had a busy few months learning more about Act4Africa, managing our programmes in Uganda, developing the team as well as planning for the future of the organisation. Covid19 has had a huge impact on our work, but we have adapted to support the most vulnerable families in Uganda.



Here are a few words from our new CEO:

Allow me to introduce myself – my name is Madelaine Johnston and I joined Act4Africa UK as CEO in January 2021.

I am originally from America and I have been working in the field of international development since 2002. In that time, I've lived in Uganda, Ethiopia, and Zimbabwe and am now settled in London.

I am passionate about poverty relief in Africa and particularly love supporting women's empowerment which is the key to unlocking the cycle of poverty. I am so blessed to be part of the Act4Africa team and I can't wait to see what's next for this dynamic charity.

madelaine.johnston@act4africa.org

COVID-19 Update

Covid19 cases are rising in Uganda and many deaths go unreported as people cannot afford to access healthcare in either government or private hospitals. We know how that feels, and this has proved challenging for staff, volunteers and communities who are not used to staying at home and working from home.

On the 11th June 2021, the Ugandan government declared a national lockdown which lasted 6 weeks, this has now lifted allowing people to travel locally again and resume work and access to markets, however schools remained closed. Due to the Covid19 lockdown in Uganda, many of the families we support have been confined to their homes for nearly two months with no way to earn an income, harvest crops or buy food.

We are delighted to have raised over £2000 to provide free food parcels for families in Uganda. This made a huge difference, and we were able to save vulnerable families from starvation. As a result of the pandemic and the local restrictions, all programmes have either adjusted or have been paused. Our staff team in Uganda remain hopeful, and they are continuing to work for the benefit of the people of Mayuge in a covid19 safe manner.



UK Aid funds Act4Africa - Adolescent mothers in Mayuge



We are excited to announce that we have received grant funding from UK Aid, to run a two-year project to support Adolescent Mothers in Uganda which started in May 2021. The Small Charities Challenge Fund (SCCF) is the UK Government's centrally managed fund for small UK based not-for-profit organisations and it provides grants to organisations that work in priority countries to help enhance their capacity and efforts to

tackle poverty and towards achieving the Global Goals.

The aim of the project is to support 225 Adolescent Mothers aged 14-24 to improve their Mental Health and Sexual and Reproductive Health (SRHR) understanding. This is a highly vulnerable group of young women, with complex needs, and our aim is to empower them to be mentally and physically healthy, and to become strong leaders in their families and communities. Prior to launching this programme, we conducted a baseline study to ask the young mothers about their lives and how we could help them. To summarise their answers, the mothers reported that they:

- 1) Feel isolated and need friendship
- 2) Suffer from poverty and need skills to earn a living
- 3) Experience poor mental health and need support,

We look forward to continuing to empower these young women.

Sue Underwood

Act4Africa 20th Anniversary celebrations

Act4Africa is celebrating its 20th Anniversary this year and you are all invited to join in the celebrations taking place online (via Zoom) on Saturday 20th November from 12pm-1:30pm.

This is a great opportunity to hear exclusive updates about the Charity's projects in Uganda, listen to stories of hope from team and, the impact of your kind and generous support.

There will be a Virtual Tour of the projects in Uganda and you can also learn more about the Charity's work and their hopes for the future.

Over the last 20 years Act4Africa has changed attitudes, transformed communities, and saved lives across East Africa. Our 20th Celebration lunch will bring our community from across the world together to reflect and celebrate, we are excited to bring you something a little different this year, and we hope that you can join us.

Guests can expect to:

- Hear from our team in Uganda and the UK
- Take a Virtual Tour of our projects in Uganda
- Learn about our upcoming projects and our vision for the future
- Celebrate our 20 miles for 20 years fundraising challenge
- Meet Act4Africa's Supporters

Act4Africa has a vision of seeing the lives of women and girls transformed within flourishing and equal communities in Africa. We work to reduce poverty, change attitudes and transform communities through providing education, health services, and training and support in life- and vocational-skills. At the heart of all we do is gender equality and its revolutionary impact on both individuals and wider societal development and growth.

You can register for the event here:

[20th Anniversary Celebration & Virtual Tour of Uganda - Act4Africa Tickets, Sat 20 Nov 2021 at 12:00 | Eventbrite](https://act4africa.enthuse.com/pf/barbara-blaber-88e12)

20 Miles for 20 Years

This fundraising challenge, celebrating the 20 years of Act4Africa will raise money for projects in Uganda.

I will be walking 20 miles over 20 days (Nov 1- 20th) with my Labrador Jamie.

Each walk will start and/ or finish at one of the wonderful parks in the Greater Manchester area.

If you would like to support us, you can donate here: <https://act4africa.enthuse.com/pf/barbara-blaber-88e12>

Barbara Blaber



Meet New Member Alison Forster.....

My home is... Worsley, Salford, born and raised in Shirebrook a small mining village in Nottinghamshire. I left to go to University and to see the world, well, America and Europe, but after graduating from LJMU in 1998 I resided in Cheshire, married with two daughters. I came to live in Worsley over 19 years ago and this is where I now call home, with my two Sussex spaniels.

What do you want other members to know MOST about who you are?

I genuinely care about a lot about people, I think everyone is equal although not all are given the same opportunities. I believe everyone has good in them, some just make bad choices. My kids are the most important thing to me, my goal in life is to make sure they are happy, healthy, and grow up to be respectable, honest people.



#1 reason you joined Soroptimist?

I want to be able to help people that haven't had the same opportunities I have. I have been so blessed in life and want to help others achieve their goals.

Snack you always have in your desk or handbag!

Are you kidding, I have children and dogs. I always have cupboards full of what I call rubbish food, Haribo's are my favourite and my weakness lies in crisps and nuts.

What did you want to be when you were growing up and why? Future life goals?

I wanted to be an Interior Designer, who knew I'd be an exterior designer without the glam. I love to decorate and make things pretty, organising is relaxing to me. I never dreamed or knew about my current career but I do love it and hope to for many more years.

What makes you excited to get out of bed in the morning?

Apart from my two dogs howling to be let out of their crate and join me having breakfast, being alive. I am truly blessed, I have a nice home, great job, good health, a two amazing daughters. What's not to be excited about? Although I complain constantly about stupid little things as do we all, the big picture is amazing.

Best vacation yet? Future dream vacation?

What defines a vacation? The Oregon Coast is my favourite place only because I haven't seen much. The first time I saw the ocean I was 18 and thought it was the most amazing place so vast and peaceful. I dream of blue water and white sand with a warm breeze blowing the tiny umbrella on my colourful beverage, this will happen one day!

Anything else exciting, interesting, or unusual about you or your life?

Nope, I'm a small town girl with small stories. I don't consider anything in my life unusual or exciting but it's mine and I wouldn't change it for the world.

Alison Forster

& Congratulations! Alison.....

On earning a Master of Science degree from Edge Hill University for your post graduate research based on 'Exercise and the Benefits to Mental Health'.

Rosemary Steven

My Challenge to ALL members – Send me some material for 'Guess The Member!'

Share YOUR answers to the following questions, borrowed from Alison's!

#1 reason you became a Soroptimist?

Snack you always have in your desk or handbag!

What did you want to be when you were growing up and why?

What makes you excited to get out of bed in the morning?

Best vacation yet? Future dream vacation?

Something else exciting, interesting, or unusual about you that we could not know!

Sue Underwood

South Lancashire's New Members & Awards Lunch



This popular regional event is held biennially to welcome new members to S I South Lancashire and to celebrate our regional achievements. This year it took place on Sunday 19th September and, once again, was held at Statham Lodge Country House Hotel in Lymm.

All members were encouraged to attend – not only to support the new members from our club, but also to take advantage of the opportunity to celebrate together with members, new and established, from other clubs in the South Lancashire region. Over 100 members from the region attended. Two of our new members over the past 2 years were able to attend, Val and Yemi, and were welcomed by Regional President Josie .

Our club was delighted to win the [Rose Bowl Challenge](#)

The Regional Rose Bowl Challenge was based on Regional President Josie's theme of 'Facing Challenges, Making Changes, Moving Forward Together'.

Josie asked each Club to consider how it did this in its own unique way and to submit an entry that describes what that challenge was, how it was resolved and the impact it had on the community.

Programme Action Officer, Barbara, and Communications Officer, Sue, compiled our entry entitled '[Programme Action Re-imagined](#)' and we were delighted that it was the winner.



The club held its customary Programme Action review in January at which it became apparent, as we encouraged our newer members to embrace Programme Action, that a rethink was needed. The first step was to establish two committees – People & Prosperity and Planet. Members were invited to join one or both depending on time and interests.

The People & Prosperity committee reviewed our current 13 projects and decided to continue support eight proactively, to continue to engage with three and to reconsider the remaining two at a future date. Leads and deputies were appointed for each project.

The Planet committee is a fairly new venture. We started to focus on this area when SIGBI made Climate Change a priority for 2020 and Soo gave a talk on 'Reduce, Reuse and Recycle'. Our [Green Footprint Challenge](#) is currently the main activity. We have had a [Sunflower Challenge](#) and talks on foraging, and have produced a [Collections and Recycling Directory](#).

President Josie praised the Club for its recent audit of its work in which members assessed challenges and changes and set out a clear plan of action.

Pat Usher



A Very Different Summer

For many years our usual non-COVID Summers have followed fairly regular patterns, May, June and most of July in Skiathos enjoying our Greek home, August in Worsley (too hot and busy in Greece) returning to spend 6 weeks in early Autumn. This year was different, after 7 flight cancellations due to COVID travel regulations we eventually flew to Athens at the beginning of June and, following an overnight stay, flew the next morning on a small plane to Skiathos. The first taverna we visited handed us a German menu as there were no British allowed to travel ! We assured them we had formal approval as we had genuine business reasons the main one being to obtain our Biometric passport.

The tourist population in most years is multinational. Many South Africans, Americans and Australians visit to research their family histories French, Italian and Scandinavian flights are very regular and in recent years an influx of tourists driving from Eastern Europe including Serbians, Romanians and Bulgarians, however over 50% of visitors are usually British. The tour operators were only to begin English flights towards the end of July so the Island was very quiet with businesses desperately awaiting the arrival of the British masses. It was great for us however, quiet roads, restaurants not requiring pre-booking and quiet tranquil beaches.



Greece, the home of Democracy, loves bureaucracy and the essential paperwork required to obtain our Biometric passport was unbelievable (a post Brexit regulatory requirement). Eventually on September 7th we travelled to Volos (mainland Greece) for our designated police interview and, accompanied by an immigration lawyer, spent an intimidating hour at the police station where, after taking our fingerprints, we were eventually issued with our cards which allow us to stay for more than 90 days in Europe. Only after this visit did we relax as meetings with the Notary Public, the bank, tax office, our lawyer, our accountant, were all stressful protracted and time consuming. We returned to Skiathos highly elated and very relieved. Congratulation messages and Biometric parties are now regular events amongst the expat British community many of whom have lived and worked on the Island for many years but residency permits which they have held are no longer valid post Brexit.

It is always sad at the beginning of October to see sun beds removed from beaches, hotels and restaurants closing signalling the end of yet another Summer season. Our last few days were uncharacteristically cold windy and rainy, time to return to carpets and central heating.

We left stormy Skiathos and were welcomed back to a weekend of beautiful Autumnal sun in Worsley, hoping that 2022 is less stressful and COVID controlled.

Rosemary Steven





Susan has promised to tell us all about it when she arrives home.....

Susan Hollick

Competition Time!

What could or should be the caption?

Please share your ideas for the Winter Edition!



Dates for your Diary

29 th & 30 th October	2 days	SIGBI Llandudno Virtual Conference
Tuesday 2 nd November	6:30 for 7pm	Club Meeting Live Hybrid
Tuesday 9 th November	10:30am	Charity Coffee Morning hosted by President Rose
Tuesday 16 th November	7pm	Executive Meeting
Wednesday 24 th November	6:45 for 7pm	Zoom PAC – 'Planet' then 'People & Prosperity'
Saturday 4 th December	From 10am	Region Programme Action & Council Meeting
Tuesday 7 th December	6:30 for 7pm	Christmas Party hosted by President Rose

Copy for the next edition of the Newsletter by **Monday, 29th November**, please.

Christmas Greetings in Lieu of Cards:

Do you wish to send your **Greetings** via the December Newsletter (and make a donation to Club Charities)?

Please send me your **Greetings** (Maximum 20 words) before the **November 29th deadline**

(Elaine will be happy to receive your **Donations!**)

Sue Underwood suehome@sky.com

Looking Forward to the Winter Edition with articles from you

Personal anecdotes always welcome

Newer Members please introduce yourselves

Enter the 'Guess The Member' Challenge & Winnie the Pooh Caption

& Anything else you would like to share!

By **Monday 29th November** please, **AT THE LATEST!**

Last Words from Women, Men and a Bear, who could/should have been Soroptimists!



Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women.
Maya Angelou