

Hello Everyone,

I hope you have been able to enjoy some of the good weather we have been having whether it be during your exercise time or pottering in the garden if you have one. I hope you and your families are safe and well.

We are getting some feedback from these news bulletins and within this week's you will find contribution and information shared by members.

I would like to remind you about the Lady Denman Cup annual writing competition. Most years I read about it and think that I haven't got time but there is no excuse this year! Entries should be no more than 500 words and the title is "What I heard on the Bus...". Entries are judged at Federation level first, then best 3 will be forwarded to National level. All entries at National level will receive a critique by the judge. First prize is £75.00 of book tokens, second is £50.00 book tokens and third is £30.00 book tokens. The winner/winning Federation will be presented with the Lady Denman Cup. Entries must be typed and emailed to the Federation by 26<sup>th</sup> June. Late entries will not be accepted. The fee is £10.00 per entry but this is paid by the Federation. So, come on ladies get writing!

Congratulations to all our members who are continuing to volunteer in anyway they can. Margaret Minto from Sister of Shields WI made lots of paired hearts which she sent to the 4 Louis Charity. They have sent a letter of thanks back and said that they are currently sending out 200 – 250 memory boxes per week to hospitals as a result of the pandemic.

A huge thank you to all of our members who are key workers who are keeping us safe, well and provided for. Obviously, I don't know every member personally but I do know we have frontline NHS workers, care home workers, retail workers, teachers, DWP workers and women in a myriad of occupations working flat out for the common good of our society. We all thank you for the risks you take every day and the efforts you put into your work. Clapping on a Thursday evening and staying home is the least we can do.



*Lynda Alexander  
of Washington  
Station WI  
making a noise for  
our keyworkers.*



**PROUD TO SUPPORT  
OUR NHS, EMERGENCY SERVICES AND  
ARMED FORCES**

Just in case you don't know about the Blue Light Card, it provides those in the NHS, Emergency Services and Armed Forces with discounts both online and in store. The Blue Light Card also allows small and large companies to get involved with offering a discount and encourage companies in local areas to offer discounts. If you log onto <https://www.bluelightcard.co.uk/> and register you can see who qualifies and which business are involved. This offer is not just for the current crisis but anytime.

# theWI Tyne & Wear South

We have had a few queries regarding subscription and refunds and I know that it's a vexing question for many WIs. I have copied the most recent information produced by National below. Any alteration to subscription is not in our gift to do, it is set by National in conjunction with the regulations of the charities commission. As yet most have missed maybe two meetings but they are still getting access to national WI facilities, My WI website, copies of WI Life are still being produced.

## Quote from National

“Due to the unprecedented nature of this situation, refunds for cancellations of meetings are not being considered. While it is a very frustrating situation to not be able to attend meetings covered in the membership subscription, the financial implications for WIs, federations and NFWI would be significant if we were to refund or roll-over existing membership subscriptions. We will all, of course, continue to have fixed running costs that will still need to be covered”



## Happy 70<sup>th</sup> Birthday Wishes

Judith Russell, a Board member, Federation Vice Chairman celebrated her special birthday last weekend. Happy Birthday from all the WI members.

We hope you had a great day and we will celebrate when we are all together again.

Well done to Whickham Fellside WI, who have been making a selection of facemask spacers to help staff in Hospitals and Care homes. So far, they have been distributed to the RVI in Newcastle, the Royal Infirmary in Edinburgh and to local Care Homes. Keep on with all the good work ladies.



## Covid 19 Scams

Remember there are still a lot of these going about so please be extra vigilant if you approached by anyone. If it's a genuine call, people will wait five minutes for you to check.

## Take Five to Stop Fraud

Take Five is a national campaign offering straight-forward, impartial advice that helps prevent email, phone-based and online fraud – particularly where criminals impersonate trusted organisations.

<https://takefive-stopfraud.org.uk/>

# theWI Tyne & Wear South

## This week's recipe – Mousakas with Greek Salad



Usually at this time of the year Joanne is getting ready to go to either Santorini or Skiathos, both lovely Greek Islands. Obviously with the ongoing crisis she is not sure whether she will get there this year, so instead she is sharing a very traditional Greek dish and one particularly enjoyed by both Darren and herself. This dish is best made in advance and serves two hungry people.

1lb beef/lamb mince – traditionally in Greece they use lamb and it gives a lovely taste  
1 tin peeled plum tomatoes deseeded and liquidized with juice  
2 aubergines sliced.  
1 onion, finely chopped  
2 fl oz red/white wine – whatever is open.  
½ tsp ground cinnamon  
1 – 1½ tbs spoon of oregano  
1oz Butter, plain flour  
9fl oz milk  
2 beaten eggs

3 oz finely grated kefalotyri cheese-parmesan is the same if you can't get your hands on this Fry the onions, brown the mince and add the wine.

Add tomatoes, cinnamon, oregano and season – simmer for about 25 minutes until there is not much liquid.

In a separate pan fry the aubergine.

Make the bechamel sauce

Melt butter along with plain flour, when they are combined gradually add the milk. Keep stirring the sauce will begin to thicken. Add the beaten eggs and half the cheese. Stir well.

Start to build the mousakas

Start with a layer of aubergines then the meat mixture, repeat these two more times and finish off with a layer of aubergines. Spread your bechamel sauce over the top and the remaining cheese. Cook in a moderate oven 180 oC for about 40 minutes.

Serve with a simple Greek Salad and Joanne also made some homemade rosemary bread.

4 large ripe tomatoes  
1 cucumber peeled and sliced  
Black olives to your taste – loads or just a few  
1 red onion  
2 slices of feta cheese

Simply chop all the ingredients into a large deep bowl, season and add a few drops of white wine vinegar and some olive oil. Toss the salad and top with the feta cheese. Sprinkle with oregano.

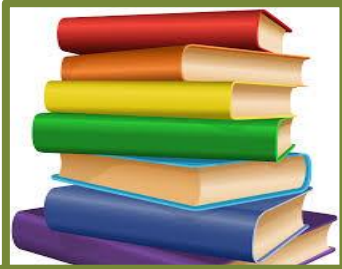
Lovely with a glass of cool wine in the garden.



*Taste of the Greek Islands*

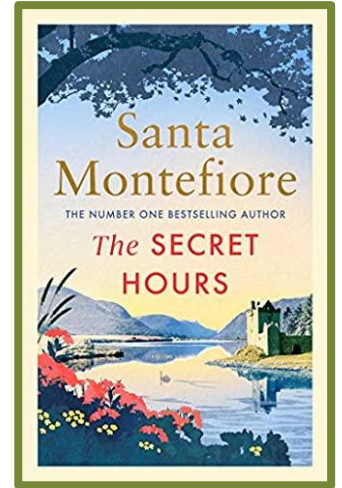
# theWI Tyne & Wear South

## Read and Rhyme



*Take your mind to another place with a good book.*

Anne Clay from Whickham Village Belles kindly sent in her choice of the books and recommends the following to all our members. One of her favourite authors is Santa Montefiore, who has written quite a few books all with great story lines and very readable - The French Gardener, The Affair, Secrets of the Lighthouse to name but a few. Her new book, just been released, is called The Secret Hours. Another favourite author of hers is JoJo Moyes again she has written quite a number of books, all different subjects, one outstanding book, The Horse Dancer is very



good, and her series of books Me Before You, After You, and Still Me are good too. Last week I mentioned I like to get to know characters, I am going to give Rebecca Shaw a go she wrote 19 novels based on a fictional village called Turnham Malpas, Anne says you really feel as if you are part of the village, as you continue to read through them. This series starts with a book called The New Rector.

Joanne told me the other day that she read this poem and immediately thought of her twin nieces who turn 13 on 1<sup>st</sup> June. She has told them they can 2 birthdays this year like the Queen. I am sure many of you are desperately wishing for a hug from someone close to your heart. It will happen when the time is safe to do so.

# I want a hug.

But not just a normal hug. **No.** I want one of those pick-me-up-off-my-feet-squeeze-me-tight-spin-me-around-hurts-my-tummy-but-still-makes-me-smile-leaves-me-breathless-gives-me-butterflies-makes-me-giggle-stupidly kind of hug.

# theWI Tyne & Wear South

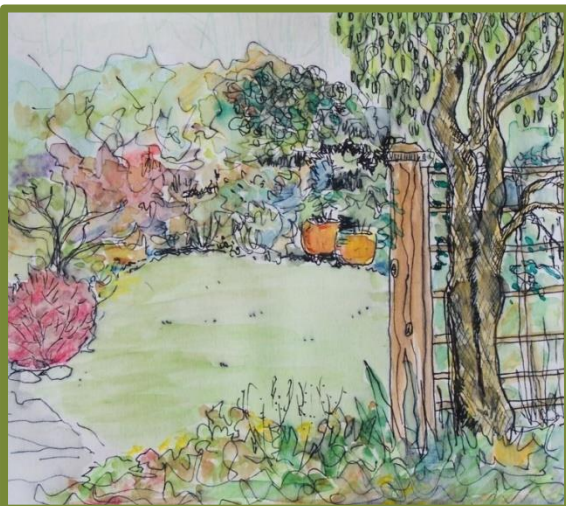
## Virtual Lectures that may be of interest to you .....

Many thanks to Lois Benson, from Sister of Shields WI, for sharing the information about a lecture group called Insights, run in partnership with Newcastle University. These are brilliant lectures and they often have members attend. They have made a lot of previous lectures available to the public at this time as well as links to other great resources. Simply log onto the website and have a browse it proves very interesting reading. You might join in on something that you would not normally read or listen to.



Stay connected: [www.ncl.ac.uk/events/public-lectures](http://www.ncl.ac.uk/events/public-lectures)

***Upcoming lectures include “More than Food: solidarity and care at the Newcastle West End Foodbank” by Dr Alison Atkinson-Phillips, “America in Transition: Barack Obama's legacy and Donald Trump's Prospects” by Professor Iwan Morgan, “Hearts and Minds: the untold story behind votes for women” by Jane Robinson. Check them out.***



## Art Diamonds Project

This is a three-year project taking place in libraries across Gateshead. Supported by Arts Council England and the Baring Foundation, Gateshead Council are working with 64 Million artists and Gateshead Older People's Assembly offering you a chance to try your hand at different creative activities.

There's a FB page available, simply type “Art Diamonds Gateshead” in the search bar and request to join their group. If you don't do Facebook you can also email [ColleenDewing@gateshead.gov.uk](mailto:ColleenDewing@gateshead.gov.uk). There is everything

from making salt dough, to drawing, to making paperchains. We have included some of the activities along with this bulletin.

# the **WI** Tyne & Wear South



## *Gardening is good for you !!!!!*

I did not know we had some many gardeners amongst us – I can only grow a lovely dandelion.

It seems lots of you have been getting outdoors with all lovely weather we have been having and putting your hand to all kinds of plants, flowers, pots and even fruit and vegetables.

But in addition to providing nutritious veggies, fruits and beautiful flowers to decorate it, gardening can offer a variety of health benefits, Including exposure to vitamin D, decreased dementia risk, mood boosting benefits, physical health benefits and it helps combat loneliness which we could all do with some help with at some point.



*Clare Espie, a member of Bowes Belles WI and our Federation Treasurer has grown some amazing flowers in all kinds of different pots.*



*Pat Barrass, from Herrington WI has a spectacular garden and keeping her spirits upbeat keeping it tidy.*



*And our very own Joanne has been growing tomatoes, bedding plants, lots of herbs and vegetables*



## Thank you

All the members at Fulwell WI would like to say a big thank you to their President Sue Palmer. Their members have been so delighted to receive stay safe in isolation cards and letters today written and sent by Sue. She really has cheered everyone up today with her lovely gesture.

# theWI Tyne & Wear South

And Finally, a bit of fun to finish with. Lynn Kennedy, our very own quiz master has sent this puzzle in, we will publish the answers next week.



## Zoo Story

There at least 30 animals (and a bird or two) hidden in this story about Erica: Good Luck !!!!

**“Erica the rhinoceros wanted to do good but she couldn’t. Neither could she bear being locked up in her box and would rather have escaped. However, she was so hungry that she lifted a sign up, ignored the fact that it said “Do not feed”, and ate it! Her scowling keeper came later saw the chewed sign and, knowing she episodically ate strange things, made Erica a feed of best oats. “I want eaters of oats and grass, not notice boards, he said shrewdly. Erica stamped the floor angrily, as if to say, “So what?” The keeper relented. “OK, a piece of nice batter pudding then?” Erica thankfully wolfed the pudding of batter down. “**

Wow what a news bulletin that was – thank you to everybody who has sent articles, books, recipes and pictures in. I hope you have enjoyed reading this. Joanne compiles the news bulletin on a Tuesday morning so please carry on sending items in before then. Its lovely to say we are keeping in touch somehow, we have had some great feedback from other Federations and they have in fact copied some of our ideas. Well done all of our members. Remember to send any requests for music to be played on the Julie Pendleton’s show between 2-4pm on Radio Nova NE to Joanne.

Take Care everybody, stay safe and well and I look forward to meeting you very soon.

Very best wishes

**Margaret Carter**

**Chairman  
Tyne and Wear South Federation of WI’s**

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For information and support on domestic abuse, contact:

- **Police:** 999 press 55 when prompted if you can't speak
- **Refuge UK wide 24-hour helpline:** 0808 2000 247

***Remember these numbers are available 24 hours a***