

Hello Everyone,

I hope that you are all safe and well and that many of you are getting access to your vaccines.



Well, we are now in February, am I the only person that felt like January was a long year ? At least we can start looking forward to the Spring with the gardens starting to show new growth. Once again, I'm on home schooling duty, our youngest grandson has a covid case in his class so he has to stay home for 10 days so I'm back to reinforcing my times tables and demonstrating how well I know the English language.

Thanks to those of you who joined the Federation meeting last week and enjoyed the Vegetarian Cooking demonstration, it was very informative and I know a few families across the Federation were sampling some vegetarian dishes at the weekend. If you missed it and want some excellent recipes for inspiration check out the website. <https://vegetarianforlife.org.uk/recipes/>. Heather Bell from Herrington WI was inspired to make these chocolate pots from silken tofu for her Sunday Lunch dessert. They look lovely but I have to say the group was divided on the use of Tofu.

There are quite a few zoom meetings coming up and general invites have gone out to all our Federation members, see 'Dates for your Diaries' where there are details of all these events. Thank you for sharing these events, they are becoming popular amongst a lot of our WI's.



National Correspondence

Overleaf are the results of the resolution choices across the Federation and this information has been sent to the National Board so our views are represented even if we are not attending the Annual Meeting in London. Many thanks to those WI's who sent their votes into the office.

Title of resolution	Selection
A call to increase awareness of the subtle signs of ovarian cancer	203
Stop women dying prematurely from coronary heart disease (CHD)!	73
Racism and discrimination	23
Now's the time to act! Protect your nature space to create wildlife-friendly communities	26
Stop the destruction of peat bogs to tackle climate change	23
TOTAL NUMBER OF SELECTIONS	348

Subscriptions 2021

Please find below some information which outlines how your membership fee is used. It's a good time to remind ourselves what being a WI member gives us access to. Sometimes it's easy to lose sight of the fact that we are a three-tiered organisation and the information sheet outlines most of what we get across the whole WI. The new subscription year starts on April 1 when the annual fee of £44 will be due.

What does my WI subscription fee include for 2021/22?

theWI
INSPIRING WOMEN

The subscription fee from April 2021 to March 2022 is **£44**.

That's about £3.66 per month!

What does my membership include?

- A fun and welcoming place to make friends and participate in activities
- Eight issues of WI Life magazine
- Physical and/or virtual meetings
- The opportunity to involve yourself in exciting local and national campaigns
- Bespoke member only events held virtually and at venues around the country, with organisations including the National Gallery and England Netball
- A new member pack including the members' book of discount offers
- Training opportunities such as becoming a WI Adviser or Climate Ambassador
- The option to be a WI committee member, a federation trustee and/or an NFWI trustee
- Access to My WI, the online space for members

The NFWI share pays for:

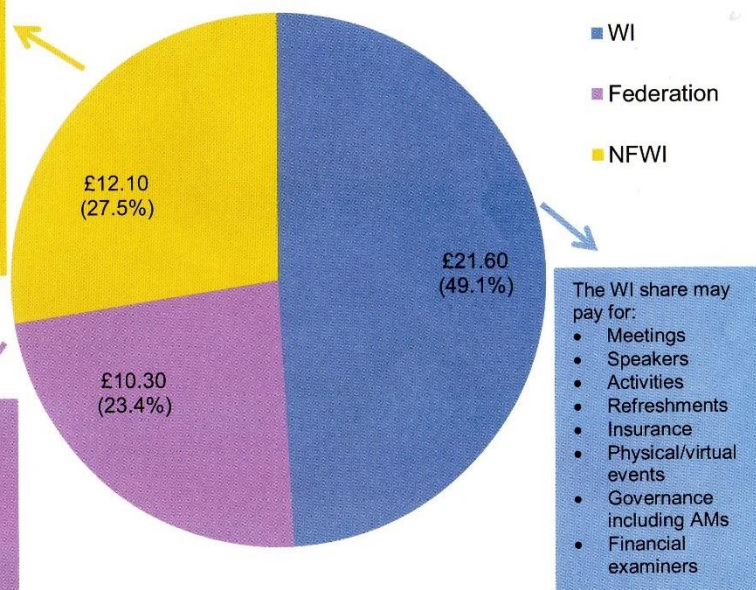
- Resolutions and campaigns
- Promotional materials
- Specialist technical advice
- Support services including digital support
- Staff, offices and equipment
- Training
- Events including the Annual Meeting (AM)
- Governance and compliance
- Legal support

The federation share may pay for:

- Newsletters
- Physical/virtual events
- Staff
- Support services
- Offices and equipment
- Training
- Governance including AMs

How is the subscription fee of £44 split and what does this pay for?

This is an overview of what the subscription fee can cover and, as each WI and federation set their own budget, this will differ depending on your WI and federation.



The above lists are not exhaustive and what the subscription fee covers is always evolving. Please contact the NFWI Finance Team if you have any questions - fd@nfwl.org.uk / 0207 371 9300 (Ext. 228)



Within the next few days, you should be getting your new copy of WI Life and in there you will find a whole raft of information relating to the WI. This month will give you a rundown of all the people standing for National Council and an outline as to how we can vote. You will also find ideas for the “Show the Love” campaign, which is when we try to raise awareness of what we can do to improve our use of this precious planet we have the privilege of inhabiting. I look forward to seeing photographs of what you have done.

Don't forget our Spring Council Meeting in April when we elect our Board of Trustees and would like other Federation members to join the Board or one of our committees. Let myself or Joanne know if you are interested and perhaps you could come to the next Board meeting as an observer, meet the Board and see what it is all about.



I wonder how many of you watched the inauguration of President Biden last week? I watched it all and the overriding memory of the day is for me the sight of a 22-year-old woman, the youth Poet Laureate for the USA, reading a poem she was commissioned to write for the inauguration. I was spellbound by the beautiful language and the poetic images summoned by the poem. I have included sections from it below and would urge you to read it in full if you missed it last week. Her words a message not just for the United States but every country and society.

THE HILL WE CLIMB

When day comes, we ask ourselves, where can we find light in this never-ending shade?.....

To compose a country committed to all cultures, colors, characters and conditions of man.

And so, we lift our gaze, not to what stands between us, but what stands before us.

We close the divide because we know to put our future first, we must first put our differences aside.

We lay down our arms so we can reach out our arms to one another.

We seek harm to none and harmony for all.

Let the globe, if nothing else, say this is true.

That even as we grieved, we grew.

That even as we hurt, we hoped.

That even as we tired, we tried.

That we'll forever be tied together, victorious.

Not because we will never again know defeat, but because we will never again sow division.....

But one thing is certain.

If we merge mercy with might, and might with right, then love becomes our legacy and change our children's birthright.

So let us leave behind a country better than the one we were left.....

When day comes, we step out of the shade of flame and unafraid.

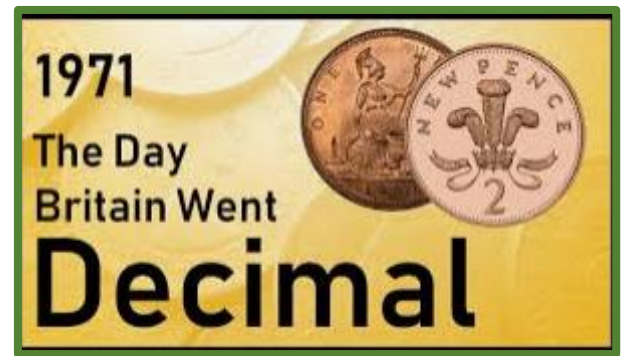
The new dawn balloons as we free it.

For there is always light, if only we're brave enough to see it.

If only we're brave enough to be it.

Amanda Gorman January 2021

We received such good feedback last week about the article relating to the 1920 's I thought this might be of interest.



Many of us will remember when the currency changed but for others this will be a history lesson. I found this article in 'Reminiscences' magazine. I can relate to the first story about the buses.

"On decimal day I got the bus to school and wanting to prove how savvy and upto date I was, I asked for a 4 pence ticket which was the converted price I had to pay, the driver gave me a 4-penny ticket (the old

currency) and I sweated all the way to school thinking I would get thrown off the bus for having the wrong ticket! (He took my money tho.)

On the bus ride home, I overheard two 'older ladies' talking and one of them was saying, "It will never catch on so I'm not making the effort to change!" [So here we are fifty years later:](#)

ALL CHANGE

Caroline Roope on the long road to decimalisation

On 25 February 1971, the Daily Mirror reported a mutiny on a school bus. The conductor was adamant the fare was 5p, but the children said it was 3p and refused to pay. It was the conductor's first day at work since Decimal Day and, faced with 35 mini-anarchists, he felt the only sensible solution was to drive them all to the nearest police station.

Unfortunately, the children's sums were right and the hapless conductor was, "suspended for two days for being a decimal dunce," despite his insistence that "the kids were a cheeky lot."

Notwithstanding the incident on the bus, Decimal Day or D-Day as it became known went without a hitch. It was a huge achievement, and the biggest change to Britain's currency in the 1,500 years history of the pound.

On 15 February 2021, it will be 50 years since we waved goodbye

to pounds, shillings and pence and welcomed in decimal currency. The change happened overnight, but the decision was 150 years in the making.

The old currency system dated back to Roman times when a pound of silver was divided into 240 pence, or *denarius* (*d*), with 12*d* to the shilling and 20 shillings to the pound. Modernisation was long overdue but the idea took a long time to gather momentum.

In 1824, Parliament rejected proposals to decimalise sterling, which had been prompted by the introduction of the French franc in 1795. Little progress was made until 1847 when MP Sir John Bowring called for Britain's currency to be based on units of ten, arguing that, "Every man who looks at his ten fingers, saw an argument of its use, and evidence of its practicability." As a result, the two shilling silver florin was issued, worth one-tenth of a pound.

By 1960, the majority of

Commonwealth countries had already switched to decimal currency, and calls for reform had become increasingly urgent, particularly among business and trade communities. The following year, the government set up the Committee of Inquiry on Decimal Currency, which reported its findings in 1963.

However, the outgoing Conservative government felt that the report had "raised a number of complex issues which require further consideration," issues that weren't resolved until 1966 when James Callaghan, the chancellor of the exchequer, popped next door to see prime minister Harold Wilson.

Callaghan's son-in-law, the economist Peter Jay, recalled the moment in a BBC Radio 4 interview in 2011. "They talked for about 20 seconds and Wilson said: 'Well why not' and that is how the decision was made...in a few seconds a century and a half of argument about decimalisation came to an end."



Above: Some of Christopher Ironside's original designs for decimal coins. Below: The florin, equal to two shillings, was an early manifestation of discussions about decimalisation.

The decision to decimalise was announced in parliament on 1 March 1966 and a date was set: 15 February 1971. The switch would require an enormous logistical effort to ensure that banks, businesses, post offices, shops and the public were ready to accept and understand the new coinage.

A publicity campaign was launched with the BBC broadcasting Training for Decimal Day guides on a daily basis and ITV airing *Granny Gets the Point*, which starred Doris Hare as an older woman who is taught to use the new money by her grandson.

A number of topical songs were released to inspire public confidence, from Wilfrid Brambell's *Decimal Song* to Max Bygraves' *Decimalisation*, featuring the lyrics:

*"They've made it easy for every citizen
'Cos all we have to do is count from one to ten..."*

The Decimal Currency Board, which was created to oversee the transition, produced a booklet called *Your Guide to Decimal Money* which was delivered to every household. There was an ongoing concern that shop owners would round up their prices with the changeover, so shoppers' tables were distributed to help the public to compare decimal prices against *£sd* prices.

The Decimal Currency Board warned: "You cannot use this table to choose whether you pay the *£sd* or the *£p* price... The sooner we all learn to think in *£p* and forget *£sd* the easier it will be." Banks closed for four days to enable old money to be processed, and customer's account balances to be converted to new money.

As for the money itself, almost six billion decimal coins needed to be minted. To meet the demand, a new Royal Mint was built at Llantrisant in the Rhondda Valley and opened by the Queen in December 1968.

The first decimal coins were designed by sculptor Christopher Ironside (1913-1992), and work began in 1962, four years before the official

public announcement. In an interview for the Royal Mint website (www.royalmint.com), Ironside's widow Jean recalled that it all took place in secrecy which "made life rather difficult at home because in the end the secrecy was to span from 1962 to 1968."

Ironside would work in the drawing room, throwing a large cloth over his desk when friends visited and hiding the plaster moulds on a balcony. Working in the family home also presented other challenges. On one occasion, Ironside's daughter Kate managed to climb up to his desk and make some unusual amendments to an already finished cast.

“Almost six billion decimal coins needed to be minted.”

In 1966, work on the coins came to a halt. Alongside his announcement that Britain was to go decimal, James Callaghan decided to host an open competition for the new coin designs. Rather than give up, Ironside put his energies into producing better designs, including "endless versions of lions, Britannia's, dragons, coats of arms, St George's and roses."

Ironside submitted three sets of designs: royal, regional and popular; before adding a final avant-garde set before the deadline. The competition, which received more than 1,000 entries, was judged anonymously by the Royal Mint Advisory Committee, and Ironside was told his designs would be developed.



DECIMAL
CURRENCY
BOARD

**From D Day
there are
100 new pence
in the £**

**so each new penny
is worth more than
two old pennies**



A period of modifications took place – the design of Britannia for the 50p proving to be particularly troublesome. Ironside would write at the time: "I must confess that when I get a pencil in my hand and design another Britannia, I begin to feel foggy between the ears."

The 5p and 10p coins were introduced in April 1968 with new heraldic designs. A reporter from the *Newcastle Journal* who previewed the coins in February 1968 described them as "simply and neatly designed, clearly marked and smaller," although in reality they were the same size as the existing one and two shilling coins, which were to remain in circulation (along, briefly, with the sixpence, now valued at 2½p) until the two coins were resized in the early 1990s. The 50p piece (the world's first seven-sided coin) followed in October 1969 to replace the defunct ten shilling note.

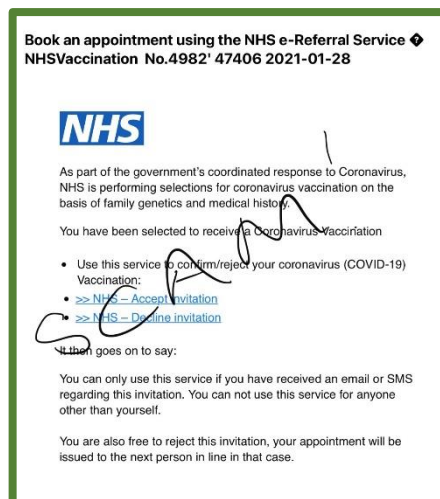
On Decimal Day, the halfpenny, 1p and 2p coins came into circulation. Ironside was awarded an OBE in 1971 to recognise his contribution.

Despite attempts to encourage us to adopt "new pence" when referring to decimal coins, the British public quickly decided "pee" was a better way to communicate the new money.

The new money may have stumped the nation for a short time in 1971 but for those of us under 50, the idea of grappling with half-pennies and threepenny bits is just as baffling. We might not be a nation of decimal dunces anymore, but there is always change on the horizon. Is it too early to ask for a training guide for the bitcoin?

Scams :

Be alert there is always someone who will try and take advantage of the unsuspecting! I got two of these emails on the same day this week. They are a way of eliciting information from you that can be used for a variety of dishonest purposes. Be very wary of giving away any personal details and especially don't give out financial details.



Chinese New Year falls on Friday 12th February 2021 and celebrations culminate with the Lantern festival on 26th Feb.

This year is the year of the OX (as was 2009, 1997, 1985, 1973)

and according to Chinese legend anyone born in the Year of the Ox are characterised as diligent and hard-working. They are honest, strong and dependable, with their ability to keep calm making them great leaders. While Oxen are kind, they find it difficult to understand persuasion and never look to be the centre of attention, which results in their talent being hidden. Their hard-work and patience, however, helps them earn praise and successfully meet their goals. Handy Note- Barack O Bama was born in the year of the OX, this year we can't go and watch the Dragon dance. Why not stay home and cook some lovely tasty Chinese food instead?

SWEET AND SOUR CHICKEN

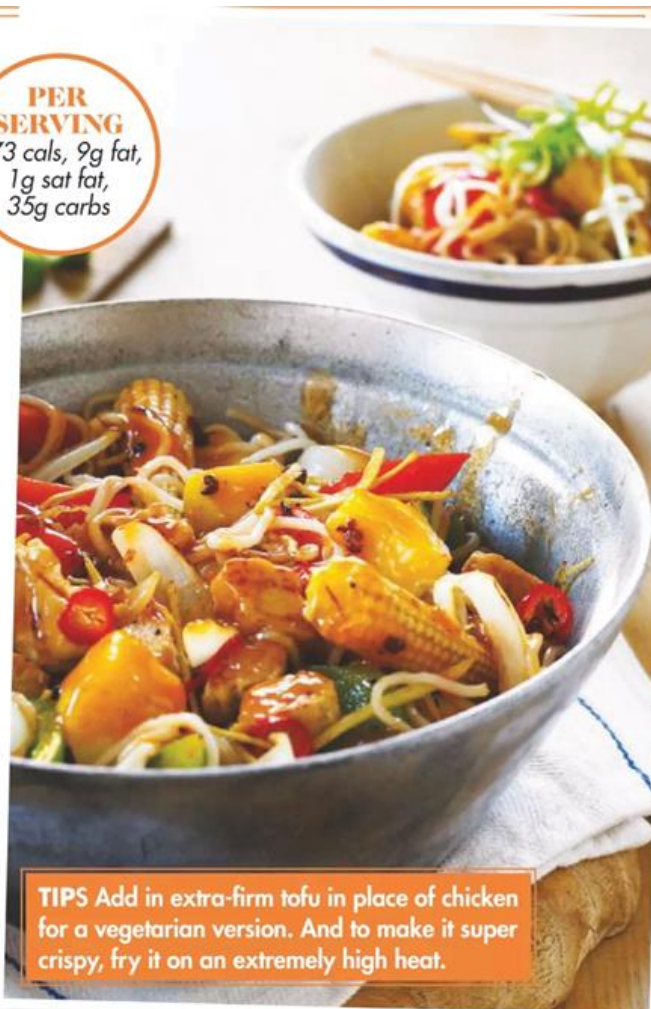
We used pineapple in this recipe, to add sweetness and avoid adding an excess of refined sugar.

SERVES 4

- ✦ 2tbsp tomato puree
 - ✦ 2tbsp rice wine vinegar
 - ✦ 1½tbsp light soy sauce
 - ✦ 2tbsp oyster sauce
 - ✦ 3tbsp pineapple juice
 - ✦ 1 red chilli, finely chopped
 - ✦ 2tsp cornflour
 - ✦ 1½tbsp vegetable oil
 - ✦ 450g (1lb) chicken breast strips
 - ✦ 2 large garlic cloves, crushed
 - ✦ 2.5cm (1in) piece of fresh ginger, peeled and finely grated
 - ✦ ¼tsp orange zest
 - ✦ 1 large onion, halved and sliced
 - ✦ 1 large red pepper, sliced
 - ✦ 1 large green pepper, sliced
 - ✦ 250g (9oz) pineapple chunks
 - ✦ 300g (10oz) cooked egg noodles
 - ✦ 3 spring onions, shredded
 - ✦ A good squeeze of lime juice
- You will need:
- ✦ A wok or solid-based frying pan

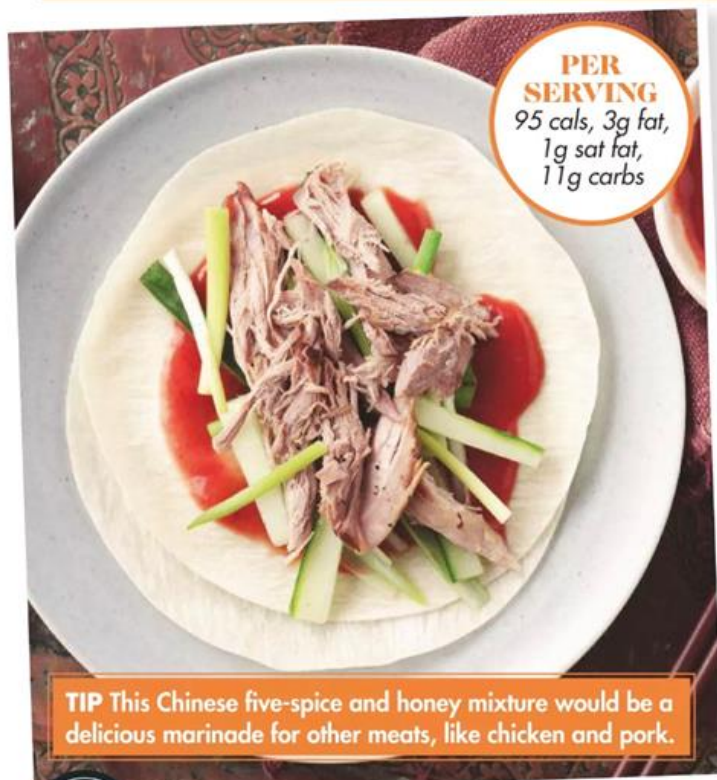
- 1 Mix the tomato puree, rice wine vinegar, soy sauce, oyster sauce, pineapple juice and chilli with 3tbsp water until smooth. Stir in the cornflour until well combined. Set aside.
- 2 Heat half the oil in a wok or frying pan over a medium heat and brown the chicken on both sides, then set aside.
- 3 Wipe the wok, then add the remaining oil. Place over a medium-high heat and fry the garlic, ginger and orange zest for 30 secs. Add the onion and peppers, and cook until lightly browned but still crunchy. Add the sauce to the pan and bring to a simmer. Place the seared chicken back in the pan and heat until cooked through.
- 4 Add the pineapple chunks and noodles, and cook until heated through. Stir in the spring onions and lime juice, and serve immediately.

PER SERVING
373 cals, 9g fat,
1g sat fat,
35g carbs



TIPS Add in extra-firm tofu in place of chicken for a vegetarian version. And to make it super crispy, fry it on an extremely high heat.

And a Chinese meal is not complete without Duck Pancakes



CRISPY DUCK PANCAKES

Serve as a DIY dish, where people assemble their own pancakes.

MAKES 10

For the marinade:

✦ 1tbsp Chinese five-spice powder

✦ 1tbsp honey

✦ 2 duck breasts

For the pancakes:

✦ Pack of Chinese pancakes (containing around 10-12)

✦ 5-6tbsp hoisin sauce

✦ ½ cucumber, cut into strips

✦ 6-8 spring onions, cut into strips

1 Heat the oven to 220C/ Gas 7. Mix the five-spice powder into the honey and spread it on both sides of the duck breasts. Heat a solid-based frying pan

and add the duck breasts, skin-side down, and cook for 3-5 mins, pressing them down well until the skin starts to crisp up. Turn the duck breasts over and cook for another 2-3 mins. Transfer them to a baking tray and cook them in the oven for 15 mins.

2 Remove the duck from the oven and shred it, or cut into strips.

3 Heat the pancakes as directed on the packet.

4 Serve a bowl of hoisin sauce to spread onto the pancakes, and a bowl filled with the duck and another one with cucumber and spring onion strips, for everyone to make their own pancakes.

THE BAILEYS TREAT REPORT 2021 TOP 10 TREAT TRENDS

- Humble porridge oats will go centre stage as oat-based milk chocolates, ice creams, cheeses, yoghurts, and even double cream are coming our way.
- Cacao pulp is the sweet and fruity flesh of the cacao seed, generally discarded when making chocolate. You can expect to see it appear as a flavourful alternative to coconut water, topped with eye-catching edible flowers for the perfect non-alcoholic refresher.
- Japan is a haven for delicious, whimsical treats that will put a smile on your face, and we'll be seeing a massive influx of Japanese-inspired wonders including wobbly, pillow-like pancakes and the Taiyaki fish, a soft waffle-like cone in the shape of a fish, stuffed to the gills with ice cream, sprinkles, sauces and wafers.
- Savoury spreads are getting a makeover as they turn to treats. Add a touch of luxury to toast as sloe gin spreads and Champagne butters turn your snack into a meal fit for royalty.
- Bioluminescent edible algae will find its way into our favourite cocktails, giving them an incredible other-worldly, glowing appearance. Will someone pass us a glowtini?
- Classic macarons and Danish pastries are both due to get a whimsical makeover. Introducing the macaron ice cream sandwich and the nougat crown, already building up a sizeable following in Los Angeles.
- Many of us already love the combination of sweet and salty flavours. Next year, this is set to ramp up into something even more indulgent with ice cream fries, Danish dessert pizza and potato snacks covered in milk chocolate to name but a few.
- Next year there's going to be a mochi for everyone, from ice cream with a mochi textured top layer to mochi pancake mixes, mochi doughnuts and even savoury skewers of stuffed mochi balls all on the horizon.
- Unsurprisingly, everyone has been indulging in a bit more self-care in 2020 and this will continue. People will be indulging themselves in botanical drinks that offer qualities like calm, focus, glow and rest. Fermented beverages like hop water — non-alcoholic with a slight beer flavour — will be bigger than ever.

Indulge in the Baileys Treat Report 2021 at www.baileys.com.

What about trying some of these treats for afters?

As most of you know I'm no stranger to treats when it comes to food. The article here is for the future. I certainly fancy a macaron ice cream sandwich but I'm not convinced about bioluminescent edible algae!

Date & Time	Event	ID/ Password
Thurs 25 th Feb 2021 7pm	The Life and Loves of the Taxi Driver Poet – By James Haddow who performs original, light-hearted comic poems (like Pam Ayres does) interwoven with a narrative based on encounters he has with people (and life) and how they have inspired his poems.	811 2610 0142 932304
Thurs 25 th March 2021 7pm	Flower Arranging by Susan Elsdon demonstration with a spring theme and make a couple of designs and talk about seasonal flowers.	874 0252 9298 922786
April 10 th 2021	Spring Council/Social Meeting – Annual Meeting	Details to Follow
CRAFT DEMONSTRATIONS		
Sat Feb 6 th 2021 10.30am	Valentine Tokens	816 0790 7881 valentine
Sat March 6 th 21 10.30am	Easter Crafts	885 6437 7125 easter
Sat May 1 st 2020 10.30am	Faux Enamelling	870 5685 9801 enamel
Sat June 5 th 2020	Paper Roses	841 2831 2909 paperroses

A little bit more about our Valentine Token Demo on Saturday 6th Feb @ 10.30am



Though we have titled this Valentine tokens there are some good ideas that can be transferred to other events and occasions, birthdays, weddings and baby showers come to mind. Some ideas that might be useful for the green heart 'Show the Love' campaign. So, get yourself a cuppa and join us, after all where else can you go? See you Saturday!

Zoom Details:

Meeting ID 816 0790 7881, passcode valentine (all lower case)

Thank you to all the WI's who are now opening their talks to the Federation, if your WI does not have a zoom licence and would like to host a virtual meeting, we are now offering the Federation licence for a small charge. Please get in touch with the office and book a date, Joanne will also help organise this and show you how to use Zoom

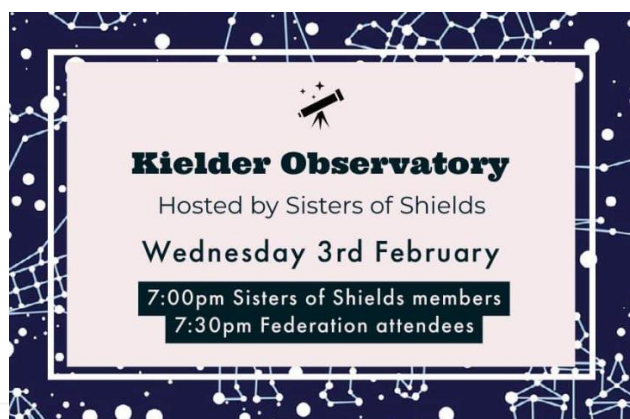
Have a look there might be something to catch your eye.

❖ Once again **Dilly Dollies WI** have invited the Federation to their talk on Feb 4th by Judy Theobald. Please contact Fiona Wilson, fionawilson@rocketmail.com, for the zoom login details.




Judy comes highly recommended, everyone loved the Christmas talk she did for the Federation, highly entertaining and had everyone laughing. That's just what we all need. A little about Judy, she was born and raised in Southampton, and has had a long working life, taking her from walking the streets of London, to being photographed in bed with a man in the middle of a Co-op store and having intimate moments with the Chippendales (and Sooty) in their hotel bedrooms. For twenty-three years she wrote a freelance poetry column for regional newspapers, published nine books, worked as a newspaper reporter and subeditor, and for eight years was editor of Lincolnshire Life magazine. She has also talked to audiences all over the country, stood in for a Bishop and a member of the Red Arrows aerobatic team, performed stand-up and been a theatrical landlady. For the final seven years of her media career, she worked for BBC Radio Lincolnshire presenting daytime programmes. So, she has lots of interesting stories to tell.

❖ **Sister of Shields** have opened their doors to a talk from Kielder Observatory, I have been on a one of these talks before and it was truly amazing. Please email sistersofshieldswi@gmail.com or go through their public facebook page to book a place.



Another Invite from Bowes Belles WI

 **Bowes Belles WI Information Page**
2 d · 🌐

Our next meeting will be held online via Zoom on Tuesday 9th February at 7pm, and our speaker is Misba Khan, a finance manager and chaplain in Manchester, who took part in the Women's Euro-Arabian North Pole expedition in 2018.

If you're a member of a WI in the Tyne & Wear South Federation and would like to join us on the 9th February, please email bowesbelleswi@gmail.com for joining instructions, stating which WI you're a member of.



❖ Karen Tann's lockdown Kettlecisers and seated Zumbacise continue to be popular – see opposite



And now for something a little different

- ❖ **FREE DIGITAL DANCE SESSIONS BY DANCING DIGITAL CIC** starting Fri March 5th, 12 noon supported by The Department of culture media and sport.

Mondays - 10.30 am - 11.20am

Text /call 07930565944

Email

penellabee@hotmail.co.uk

BOOK <http://www.bee-enchanted.com/shop1>

- ❖ **Tuesdays - 10.30am - 12.00**

Email

dancingdigital@gmail.com

Text/call 07469180185

Face book <https://www.facebook.com/dancingdigitalcic>



Over 60s **Wake up Stretch and Connect** **FREE!**
Mondays 10.30am **Digital Sessions**

Dancing Digital CIC Department for Digital, Culture, Media & Sport In partnership with THE NATIONAL LOTTERY COMMUNITY FUND

www.Bee-Enchanted.com
07930565944

- ❖ Don't forget Denman are still running a great variety of courses on line, below is a section of the workshops available. There some great craft courses over the next few days



[Denman At Home.](https://www.denman.org.uk/calendar/)

<https://www.denman.org.uk/calendar/>

February 10, 2021

- all-day ● Online Course : Tai Chi For Everyone with Alan – 6 Part Course
- all-day ● Online Course : Cook-Along with Sophie – Pad Thai
- all-day ● Online Course : Creative Confidence with Stacey
- all-day ● Online Course : Geoff's Mythical Beasts Talk – Mermaids & Silkies
- all-day ● Online Course : Peter's Talk on The Tottenham Outrage of 1909 (Evening)

February 13, 2021

- all-day ● Online Course : Tai Chi For Everyone with Alan – 6 Part Course
- all-day ● Online Course : Chocolates for Valentines Day with Jane – Demonstration with Q&A (Saturday)
- all-day ● Online Course : Pat's Patchwork Block Series For Beginners – Part 2 : Pinwheel
- all-day ● Online Course : Sea Slug Felt Scarves with Sue (Saturday)

#SHOWTHELOVE



The time is now to protect what we love from the climate crisis.

As you know, for the WI, February is **Show the Love** month. When we try to focus on the earth and how we need to protect it. Most of us are trying to do our bit but sometimes it seems to be overwhelming, all we can do is a bit at a time and thousands of us doing a little bit is better than nothing. Some things to consider in this piece.



Soft Soap And Greenwash

According to the Competition and Markets Authority (CMA), in 2019, UK consumers spent £41 billion a year on ethical goods and services – almost four times as much as people spent two decades ago.

With so much money at stake, some organisations might be tempted to be less than open and honest in the claims they make about their environmental credentials. Sometimes

this is accidental; sometimes it isn't.

A few years ago, it was reported that a well-known car company had managed to make it appear in tests that their cars emitted less pollution than they actually did when on the road. Oops!

"Greenwash" is disinformation designed to make an organisation appear more environmentally responsible than it actually is, according

to the dictionary.

The CMA is currently conducting research into misleading environmental claims.

It will publish guidance for businesses in the summer to help them move to a low carbon economy without misleading consumers.

This is welcome, as it is vital that we are able to trust the information we rely on to make our choices.

Cleaning Up WEEE

The UK produces roughly two million tonnes of Waste Electronic and Electrical Equipment every year. Shops have to make recycling provision, but online retailers don't. The law is due to be updated to improve fairness and the quality and quantity of WEEE recycling.

Think Green, Be Green

News and tips for living sustainably

Is It Really Green?

Sustainability writer Georgina Wilson-Powell seeks to answer everyday eco conundrums in "Is It Really Green?" (DK, £12.99). With more than 140 questions and answers on green living, it's a handy guide to help reduce your ecological footprint.

Is it really green?

Every tonne of paper recycled saves 17 trees.

Source: Recycle More

Zero Waste Toothpaste

Tired of having to send your unrecyclable plastic toothpaste tubes to landfill?

Toothpaste replacement tablets are a great zero-waste alternative.

Simply chew the tablet to create a paste, then brush your teeth as normal with a soft toothbrush.

These DENTabs contain fluoride, too, and come in a compostable refill pack.

Try a month's supply for £2.45 from www.anythingbutplastic.co.uk.



One Small Step

Do you receive lots of unsolicited personally addressed junk mail that goes straight into the recycling? Reduce the irritation – and the waste paper – by signing up with the Mailing Preference Service www.mpsonline.org.uk. It's free, and you can contact them online or call on 0207 291 3310. It won't stop you receiving mail you've requested or letters from firms where you are already a customer.

Leaving a tap running while brushing your teeth wastes six litres of water every minute.

Source: Waterwise

Every Little Helps

More than 400,000 people signed up to go vegan for a month last Veganuary. According to research by Oxford scientist Joseph Poore, the impact of every UK family swapping one red meat meal for a plant-based meal just once a week would be the same as taking 16 million cars off the road.



Read and Rhyme – When Joanne was walking with her friend this week, they were just saying how lucky they were to have the South Shields Coastline on their doorstep. Joanne came across this poem which just about sums it up

An Ode to a Seaside Town By

Rowan - McCabes

Hello and welcome to South Shields,
where skies are filled with seagulls squeals,
where market traders flog their wares
and kids play dodgems at the fair.
Where mouth of Tyne meets open sea,
where Souter Lighthouse guards the quay,
where dogs gan akka on the sands past happy
couples holding hands.

I was born in this seaside town
and I've heard people put it down,
they snide and turn their noses up,
point to shops that have been shut.
But I have travelled far and wide
and my heart still swells with pride
when I come back to this fair place
to feel the sea breeze on my face.

Sandhaven beach is paradise,
its golden sands stretch past the eye;
Minchella's ice cream can't be beat,
their coffee matches Italy's.
The Great North Runners triumph here,
The Steamboat pub does proper beer,
there's Colman's famous fish and chips,
The Word, the parks, an endless list.
I won't deny that times are hard,
the cuts were deep,
I've seen the scars, There's many battles left to
fight,
injustices we need to right.
But from Roman forts to smoke and pits
the people here have strength and grit
and one sight that there'll always be
is the sunrise dawning on the sea.



Looking over Sandhaven beach to Tynemouth



The Azura, currently at Tyne Commission Quay



The famous Marsden Rock



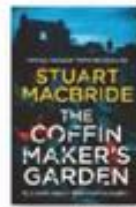
Last week we featured Captain Sir Tom Moore's book, our thoughts are with him and his family at this difficult time.



Without A Trace

by Mari Hannah (£7.99, PB, Orion)

DCI Kate Daniels is back, and she doesn't disappoint. A plane flying from London to New York vanishes from the skies with Kate's lover on board. As the disaster is outside Kate's jurisdiction, she has no authority to help with the investigation – so will she step back? Fans will know the answer to that one. With nods to previous books in the series, this is twisty crime writing at its best.



The Coffinmaker's Garden

by Stuart MacBride (£18.99, HB, HarperCollins)

Another ingenious thriller from Stuart MacBride which sees ex-Detective inspector Ash Henderson called to the storm-battered coast of Scotland. As a house begins to fall into the North Sea, human remains are exposed – but the evidence is being swallowed by the waves below and Henderson has no time to lose. He has a killer to catch before they can strike again. Taut storytelling with a deliciously dark sense of humour.



Love, Almost

by Hayley Doyle (£7.99, PB, Avon)

Hankies at the ready for this one. In a tale of heartache and hope, Chloe loses her boyfriend Jack in an accident after just five months together, so she decides to live life for the both of them.

News from our WI's

Community spirit wins praise for WI members

Members of a Women's Institute have continued to help their community while isolating.

Cleadon WI has ensured members have stayed in touch during the pandemic and continue to support their chosen charities during 2020.

After their year of activities was scrapped during the first lockdown, members kept in touch with a weekly newsletter that grew from one A4 page to 16.

Maureen Ling, President, said: "The newsletter content was designed around helping our ladies stay in touch, and to learn more about one another as if they were meeting each month and having that chat."

The group of 27 ladies also kept in touch over the phone while self-isolating and put their crafting skills to good use.

They knitted 36 blankets, crocheted shawls, twiddle muffs, baby/toddler clothes, hats, scarves, and mitts all of which have been shared between their chosen charities in the South Tyneside area, including four care homes, Women's Refuge, Independent Living and Pathways.

The ladies also donated food, cash for foodbanks and toiletries, sanitary products and toys to charities.

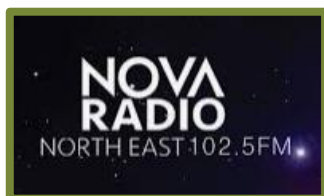
Maureen added: "As a group, Cleadon WI has grown not just in numbers but in strength, we have demonstrated that when times are tough, it is when we are at our best, we have worked as a team, we have shared ourselves and are each better for it."

"As that tight knit team, we have helped others by utilising our group and individual skills with coordination, empowerment, and industry, above all we have looked out for one-another and the broader community."

Just thought that you might like to know that Cleadon WI received a mention in the Shields Gazette on Friday 15th January. It's always nice to see your profile raised a little, which helps with recruitment.

A gorgeous selection of 24 baby hats and 17 cardigans all beautifully knitted by members of Whickham Fellside W.I. Each one was individually wrapped and delivered to the Queen Elizabeth Hospital in Gateshead at the end of January.





Remember to tune into On Nova Radio North East, Sundays 2-4, where Julie Pendleton talks to Margaret Carter, lately she has had some great guests covering a variety of subjects.

WOW! Sir David Attenborough is the world's longest-serving television presenter, with a six-decade career that began on children's show *Animal Disguises* in 1953.



◆ Wearing car seat belts became compulsory on 31 January 1983.

◆ According to weather lore, fog in January means a wet spring.

◆ The slogan of the Nebraska Tourism Commission is, "Nebraska. Honestly, it's not for everyone."



A baby owl is called an owlet

◆ The snowboard was invented by Sherman Poppen, who called it a snurfer.

WOW! The extinct mega penguin stood as tall as a human and lived in the waters of New Zealand 60 million years ago.

◆ 1.3 billion bowlfuls of Weetabix are eaten in the UK each year.



◆ Robert O'Connor owns the world's largest collection of *Ghostbusters* memorabilia, with 1,221 items.



Vera Lynn, at 92, was the oldest living singer to top the British album chart

FANCY THAT!

Facts to make you go "WOW!"

◆ The Kray Twins once boxed at the Royal Albert Hall, making the gangsters the only two people to perform at the Albert Hall and be imprisoned in the Tower of London!

◆ The first Burns supper was held in July 1801 to mark the fifth anniversary of the poet's death.

◆ "Almost" is the longest word in the English language to have all of its letters in alphabetical order.



The world's fastest skier, Simone Origone, reached 156.2 miles an hour

◆ Pink is the most popular colour for toilet paper in France.



◆ London's Pall Mall became the world's first street to be lit by gas lights, this month in 1807.

◆ January 26 is Australia Day.



No two tigers have exactly the same pattern fur

◆ The bumblebee bat is the world's smallest mammal, with a weight of 2 grams, a length of 29 to 33mm and a wingspan of 170mm.

◆ 12cm of snow will melt down to 1cm of water.

◆ 105-year-old Yu Te-Hsin is the world's oldest paraglider.

◆ The ÷ symbol is called an obelus.

◆ Bananas are curved because they grow towards the sun.

◆ Carr's bakery in Carlisle is the oldest continually operating biscuit factory in the world.

◆ Toblerone is named after its inventor, Theodore Tobler, and the Italian word for nougat, torrone.



Puzzles

WORDSEARCH

Take your pick from our fabulous range of desserts. The answers appear forwards, backwards, up, down and diagonally, but always in a straight line. You can use letters in the grid more than once.

APPLE PIE
ARCTIC ROLL
BAKED APPLE
BAKEWELL TART
BANANA SPLIT
BANOFFEE PIE
BLANCMANGE
BOMBE
CHERRY PIE
COUPE
CREAM SLICE
CUSTARD
FLAN
FRUIT SALAD
GATEAU
GOOSEBERRY FOOL
ICE CREAM
JELLY

MOUSSE
PANNA COTTA
PARFAIT
PEACH MELBA
RICE PUDDING
SAGO
SEMOLINA
SORBET
SOUFFLE
SPOTTED DICK
STRUDEL
SWISS ROLL
SYLLABUB
TAPIOCA
TIRAMISU
TREACLE TART
TRIFLE
WAFFLES

E I P E E F F O N A B S T E Y C C A T O R
I C E C R E A M U O R K G U R W Y E G U B
B D T I A F R A P B R N W E T D C C P Y G
U G M D J J R F R S A A A G N W P T A G F
M O H Y R L D B B M W M P G E W N B N W N
R O U S H A E A C A S I T P H B L M E B A
C S E M O H T N L L K I S I L E M O I A R
W E P P P C A S I A R E I S M E P O G P C
U B U A L L Y C U A S E W H R K P A B L T
K E O N B J E Y M C S T C E R O T I F A I
L R C N S O M I E E F A I R L E L O E R C
G R B A O J S P M L E A K U A L W L Y M R
N Y A C U U A O H P I T P U R G T C F E O
O F N O C E L P P A D E K A B F C A I E L
T O A T H I N S W S E L F F A W T P R B L
R O N T N G N I D D U P E C I R Y L H T R
E L A A E D R P Y F E M P S D R L C A I A
A K S G Y B D R E N E L T I R N L N C I B
C R P A O W R A M L K R F E E I E L O L U
L U L J B D A O F O U M H F C F J N I H B
E L I R W D T I S D U C Y G U W J W P B A
T I T E J K R L E G I S K M D O B C A B L
A G B S T T C L C G E G S C B F S O T L L
R C L F G N S A G O K T Y E C F L A N D Y
T I O G I L P T G S P O T T E D D I C K S

WI Meeting (answers) form last week

	Car	Car passenger	Walked	Bike	Moped	Pot plant	Cake	Book	Gloves	Jam	Notepad	Hankies	Bath salts	Gift voucher	Box of chocs
Mrs Cook	Y	x	x	x	x	Y	x	x	x	x	x	x	Y	x	x
Mrs Reade	x	x	x	x	Y	x	x	Y	x	x	Y	x	x	x	x
Miss Baker	x	Y	x	x	x	x	x	x	x	Y	x	x	x	x	Y
Mrs Gardiner	x	x	Y	x	x	x	Y	x	x	x	x	Y	x	x	x
Miss Taylor	x	x	x	Y	x	x	x	x	Y	x	x	x	x	Y	x
Pot plant	Y	x	x	x	x						x	x	Y	x	x
Cake	x	x	Y	x	x						x	Y	x	x	x
Book	x	x	x	x	Y						Y	x	x	x	x
Gloves	x	x	x	Y	x						x	x	x	Y	x
Jam	x	Y	x	x	x						x	x	x	x	Y
Notepad	x	x	x	x	Y	x	x	Y	x	x					
Hankies	x	x	Y	x	x	x	Y	x	x	x					
Bath Salts	Y	x	x	x	x	Y	x	x	x	x					
Gift Voucher	x	x	x	Y	x	x	x	x	Y	x					
Box of chocs	x	Y	x	x	x	x	x	x	x	Y					

Mrs Reade won the notepad (clue 2), so she wasn't the knitter who won the gift voucher (clue 6) nor did she bring the cake (clue 2). It was Mrs Cook who brought the pot plant (clue 1) and the member who got a lift to the meeting brought the jam (clue 3.) So, Mrs Reade must have brought the book, thus she did not cycle to the meeting (clue 4). The car driver won the bath salts (clue 5), the walker was Mrs Gardiner (clue 6) and we know it was a single lady who got a lift (clue 3) to Mrs Reade must have come on a moped. The lady who brought the knitted gloves and who won a gift voucher was neither Miss Baker nor the walker Mrs Gardiner (clue 6) so must have been Miss Taylor, she cannot have been the lady who got the lift (clue 3). As we know that the walker was Mrs Gardiner since she won a gift voucher, she could not have been the driver (clue 5) so she must be the cyclist, leaving the lady receiving the lift to be Miss Baker.

The driver, who won the bath salts, must by elimination have been Mrs Cook who brought the pot plant (clue 1) and, also by elimination the walker, Mrs Gardiner, must have brought the cake. Miss Baker who got a lift and brought the jam, did not win the hankies (clue 3) so she must have won the chocolates and the walker Mrs Gardiner must have brought the cake and won the hankies.

30 pop groups hidden in this photo. I'll start, The Eagles



Answers at end of news bulletin – no cheating

A useful page if life feels a bit difficult at the minute.

Beating Corona Anxiety

It's natural to feel anxious about what's happening right now, but if it begins to feel too much follow our top tips;

Limit your News Coverage

Avoid constantly checking the news – it only makes your anxiety grow stronger. Limit yourself to 30 minutes a day or particular broadcasts.

Concentrate on the facts

Use reputable sources for news, advice and opinion such as the BBC. Be cautious of social media coverage.

Focus on what you can control

We can't control the Covid-19 crisis but we can control our own responses and behaviours to it. Think ahead, make plans for what you'll do in the coming days and weeks.

Distract yourself

Our minds struggle to hold two thoughts at one time. Distract yourself with exercise, games, books, movies or other activities.

Connect with Others

Reach out and connect with friends and family, in safe ways. Share your fears or talk about nothing in particular.

Be nice to yourself

Add extra time for stress relief in your day. Treat yourself whenever you need and do things you enjoy, within the limits of existing restrictions.

Hold on to Hope

Keep the big picture in mind. The crisis will end, and we will get through this.





Postbag

Just Brilliant - thank you so much.
I'm going to read it all again tomorrow to make some notes!!
Kind regards, Lynda Alexander

Hi Joanne - What an amazing newsletter. I also enjoyed the Covid 19 Booklet. I found it very informative. Regards Teresa

Excellent newsletter this month so much info in it I will have to read it again. A brilliant idea Beat the lockdown Blues. My work with Samaritans has been busy so many people lonely or worried about covid 19. On Monday 18 usually called Blue Monday we had a virtual Brew Monday with members of Parliament, Samaritans all had their cuppas Thanks again for a really cheering Newsletter, Regards Liz Matthews Washington Station W I.

Thank you for a great newsletter ladies! It's brightened a wet and miserable morning xx Sandra Scott

Thank you, Margaret and Jo, for this newsletter, got up this morning feeling down weather did not help could not go for my walk, on arrival of my number 30 letter from you it has kept me entertained for almost 2 hours and had a history lesson all in one go. keep up the good work, not keen on my photo though – Margaret Fullerton

Stay Safe Everyone

Best Wishes

Margaret Carter - Chairman - Tyne and Wear South Fed of WI's

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<https://www.youtube.com/watch?v=nUJV-9wvdB8>

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

Eagles Texas T Rex Radiohead Arctic Monkeys Petshop Boys Guns and Roses Oasis Shed Seven Redhot Chilli Peppers	Thompson Twins Atomic Kitten Police Four tops Garbage Salt and Pepper Pearl Jam One Direction Rolling Stones The Vines	Dream Beatles Zombies Cranberries Harmony Grass Bucks Fizz Alice in Chains Smashing Pumpkins Sledge Hammer Bewitched
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