

News Bulletin 32

17th February 2021

Charity Number 1099003

Hello Everyone,

I hope you are all safe and well and that as many of you as possible have been able to have your vaccine. Well, we may be in lockdown but WI life continues to be busy. In this past week we have had our Board of Trustees and Events and Opportunities committee meetings where we tried to continue making arrangements for the future.

One piece of good news is that Perth Green Board of Trustees have given us a rent holiday for this quarter and we are very grateful to them. Like us they are not open and are not generating any income but they have waived the next quarters rent so thank you to Perth Green, we do appreciate it.

We also have had information from NFWI about a new initiative relating to subscription fees which may help some WIs and there is detailed information about this later in the news bulletin. This initiative has come about as a response to members requests for more flexibility. Please read the information carefully and if you have any queries please don't hesitate to contact us.

I am delighted that WIs are sharing so much at the minute and last week members were able to participate in talks by Judy Theobald, Misba Khan and see a presentation from Kielder Observatory which were hugely enjoyed by members.

Last Saturday's craft morning was quite well attended even though we had a "zoom wobble". Apologies to those of you who weren't able to access the meeting, there are some photos of the craft samples to partly make up for it. Once again apologies for any inconvenience and thank you to those who were able to join us.



We made everything from lolly hearts, coasters, bookmarks, hanging tokens and Valentine's card

Come to the next Craft session 6th March 10.30am where we will be making all things Easter – the log on details are later on in the bulletin

We are all in it together - even her Majesty has not been able to attend her WI meeting this year.

Monarch misses her day with WI

THE Queen has missed her annual trip to Sandringham Women's Institute – and even a virtual get together has been ruled out.

She has been a member of her local group in Norfolk since 1943.

But the institute has suspended meetings since March last year due to the pandemic.

The Queen, 94, is president of the group. She usually attends a meeting

By **Richard Palmer**

at the end of January during her winter stay on her estate in Norfolk.

But Yvonne Browne, chair of Sandringham WI, said it had proved impracticable this year.

She said: "Our last meeting was in February. We haven't gone down the virtual route because a lot of my members are not computer friendly."



No meeting...Queen is president of her group

Don't forget our next Federation Zoom event, The Lives and Loves of a Taxi Driver by James Haddow this promises to be very entertaining and a good spirit lifter! It's happening on February 25 at 7 pm.

Spring Council is coming up soon and you can attend from the comfort of home. It won't be a whole day but you will get reports from the Board of Trustees and an interesting speaker. As

it is a zoom meeting there is no charge but you will need to book as space with the office as we are limited by our zoom license to 100 participants. Please contact Joanne to book your space.

We're recruiting Trustees & Committee members

This meeting is when we elect our Board of Trustees and we would love other Federation members to join the Board or one of our committees.

Why not bring your passion and dedication to the Federation

contribute to the efficient operation of our organization, give us your point of view, highlight areas for change and bring your expertise and insight to us? Let myself or Joanne know if you are interested and perhaps you could come to one of our meetings as an observer and see what it is all about.

In addition to the other zoom events, I have scheduled a "Coffee with the Chair" session on February 27 at 10 am. This is for all members, pop in and say hello, ask any questions or just share what you have been doing. I look forward to seeing as many of you as possible.

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

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

That's about £3.66 per month!

What does my membership include?

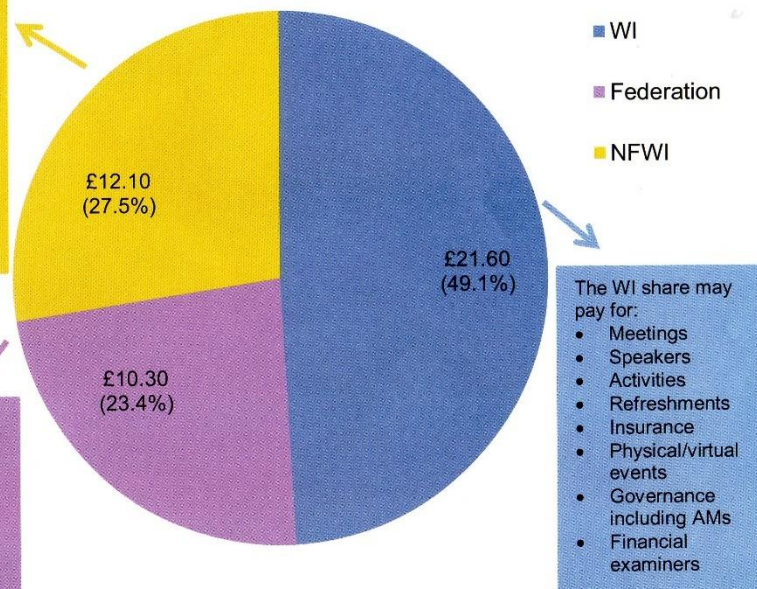
- A fun and welcoming place to make friends and participate in activities
- Eight issues of WI Life magazine
- Physical and/or virtual meetings
- The opportunity to involve yourself in exciting local and national campaigns
- Bespoke member only events held virtually and at venues around the country, 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

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@nfwfwi.org.uk / 0207 371 9300 (Ext. 228)

“NFWI are delighted to launch a new initiative which allows WIs greater flexibility over their portion of the membership subscription, offering WIs the option to charge the full amount of the WI portion (as set by the NFWI and National Council each year), reduce the WI portion of the subscription, or completely waive the WI portion of the subscription. The decision on which option to choose is up to your committee.”

Events in WIs for the past year have been patchy, some WIs have been able to meet via Zoom and keep in touch in all sorts of digital ways, other WIs for all sorts of reasons have not been able to do this. As a result, members have had a varied WI experience for their subscription fee they paid last year.

To accommodate this, NFWI has changed the guidance (as quoted above) to allow WI committees flexibility in the subscription rates due at the end of March. The recommended fee is £44 for the year April 2021 to March 2022 (approx. £3.66 per month). The fee of £44 is allocated as £12.10 NFWI, £10.30 to Federation and £21.60 will stay with the WI.

The initiative being introduced allows WI committees to decide how much the WI portion should be. The basic subscription will be £22.40 which supports NFWI and Federation. Some committees have spent very little in the past year when meetings haven't been able to take place other WIs have funded

Zoom licenses, speaker fees, meetings in a bag for their members and so their expenditure has been greater. In all of this we must also remember that the WIs have had no income for 15 months as last year's subscription was extended by three months.

WI committees have the hugely difficult task of agreeing what amount their portion of the subscription should be. This decision will reflect what has been spent in the last 15 months and what financial reserves the WI already has. All WIs should have at least 6 months running costs in their reserves. This is not an easy job for committees to carry out as there are so many factors to consider against a background of Covid uncertainty.

Of course, if your WI sets an amount less than the National £44 you can pay the £44 and the additional money will be counted as a donation that stays in your WI to help with running costs.

There are two Zoom meetings for committee members scheduled for 18 February 2 pm and 22 February 7 pm, log on details in the news bulletin.

Of course, any member who wants more information can contact the office and the Board of Trustees.

In all of this please remember your committee members are volunteers, Be Kind.



sometimes erroneously called a stem or stalk. The genus *Allium* also contains the onion, garlic, shallot, scallion, chive,^[1] and Chinese onion. Three closely related vegetables, elephant garlic, kurrat and Persian leek or *tareh*, are also cultivars of *A. ampeloprasum*, although different in their uses as food.

Here are some fantastic recipes.

Know your leeks - The leek is a vegetable, a cultivar of *Allium ampeloprasum*, the broadleaf wild leek. The edible part of the plant is a bundle of leaf sheaths that is

sometimes erroneously called a stem or stalk. The genus *Allium* also contains the onion, garlic, shallot, scallion, chive,^[1] and Chinese onion. Three closely related vegetables, elephant garlic, kurrat and Persian leek or *tareh*, are also cultivars of *A. ampeloprasum*, although different in their uses as food.

Cheesy leeks with ham

■ Serves 2 ■ Prep 5 mins ■ Cook 20 mins

2 large leeks, washed, trimmed and halved
4 slices ham
50g parmesan or vegetarian alternative
100ml crème fraîche
1 slice bread, whizzed into crumbs

1 Heat the oven to 200C/180C fan/gas 6 and boil the kettle. Place the leeks in a single layer in a large saucepan and add enough hot water from the kettle to cover. Bring to the boil, then cover and simmer for 5 mins until the leeks are just tender.

2 Lay 2 slices of ham, overlapping, on a board, then sit 2 leek halves at one end. Wrap up, repeat with the other leeks, then place the parcels in a small ovenproof dish.

3 Mix three-quarters of the cheese with the crème fraîche, then season and spoon over the parcels. Mix the remaining parmesan with the breadcrumbs and scatter over.

4 Bake for 15 mins until the cheese is golden and bubbling. Serve with a green salad and crusty bread to mop up the sauce.

PER SERVING 446 kJals, fat 30g, saturates 18g, carbs 21g, sugars 6g, fibre 4g, protein 24g, salt 2.4g

KNOW YOUR LEEKS

- Look for leeks with a firm, unblemished white lower part, and leaves that are bright green, with a crisp texture.
- Most of a leek is grown under the soil so grit often gets trapped between the many layers of the leaves.
- Use a knife to make a slit from the top to the point where the green meets the white, cutting through to the centre. Rinse well under running water, pulling open the layers so any dirt washes away.
- Alternatively, slice the leeks, then put in a colander and wash thoroughly under running water.



Cheesy leek & potato pie

■ Serves 4-6 ■ Prep 35 mins plus resting and chilling ■ Cook 1 hr 10 mins

VEGETARIAN FREEZABLE uncooked

500g waxy potatoes, cut into 5mm slices
1 tbsp olive oil
1 bay leaf
1 tbsp butter
2 leeks, halved and cut into ½ cm slices
1 onion, chopped
grating of nutmeg
1 tsp Dijon mustard
1 tsp wholegrain mustard
20g parmesan or veggie alternative, grated
20g mature cheddar
250g melting cheese, like doux de montagne or reblochon, sliced

FOR THE PASTRY

250g plain flour, plus extra for dusting
140g cold butter, plus extra for the dish
2 tsp vodka
2-4 tbsp iced water
1 egg, beaten, to glaze

1 To make the pastry, sieve the flour into a large bowl and add 1 tsp sea salt. Coarsely grate in the butter, then work into the flour with your fingertips until it resembles crumbs. Add the vodka and mix in with a knife. Pour over 2 tbsp cold water and stir again. If needed, add 1-2 tbsp more water until it comes together. Lightly knead into a smooth dough in the bowl, dust with flour and wrap in baking parchment. Rest for at least 30 mins.

2 Cook the potatoes in a pan of salted, simmering water until just tender. Drain and leave to steam-dry.

3 Heat the olive oil, bay leaf and butter in a large non-stick pan over a medium heat. Add the leek, onion, nutmeg and seasoning. Cook, stirring, for 8-10 mins, until softened. Add 100ml water and cook until most of it has evaporated. Discard the bay and stir in both the mustards and the parmesan. Set aside to cool. Butter and flour a 20cm-round pie dish.

4 Roll three quarters of the pastry out on a lightly floured surface into a circle larger than the pie dish, then line the dish. Roll the rest into a large circle for the lid. Chill both for 10 mins. Heat the oven to 200C/180C fan/gas 6.

5 Spoon a layer of the leek mixture into the lined dish, grate over some cheddar and top with a layer of potatoes and the melting cheese slices. Repeat the layering until you have filled the pie dish – press down to compact.

6 Brush the egg around the edges, top with the pastry lid and crimp together. Egg wash the lid, scatter over some sea salt and cut two slits in the lid. Bake for 45-50 mins until golden. Allow to sit for 10 mins, then slice and serve.

PER SERVING (6) 450 kcal, fat 19g, saturates 11g, carbs 48g, sugars 4g, fibre 5g, protein 18g, salt 1.8g

Buttered peas & leeks

■ Serves 4 ■ Prep 10 mins

■ Cook 30 mins VEGETARIAN

15g butter

1 tbsp olive oil

2 leeks, very finely sliced

200ml vegetable or chicken stock

225g frozen peas

2 spring onions, finely sliced

1 Heat the butter and oil in a pan and gently soften the leeks for 15-20 mins until meltingly soft. Stir in the stock, bring to a simmer and cook, stirring occasionally, for 5 mins.

2 Stir in the peas and spring onions for 3-5 mins more, until the peas are defrosted and cooked through, then season and serve.

PER SERVING 107 kcal, fat 6g, saturates 2g, carbs 8g, sugars 4g, fibre 5g, protein 5g, salt 0.2g



DID YOU KNOW?

The Tudor dynasty issued leeks to be worn by their guards on St David's Day in honour of the patron saint of Wales.

Give tea A TWIST

There's more to tea than a cuppa! Flavour cake, sorbet or even gin with its delicate flavour

5 WAYS
WITH
TEA

SCENTED TEA GIN

■ Put **1 tbsp loose earl grey tea** in a large jug. Pour over a **700ml bottle gin** and stir for about 45 seconds. Strain through a tea strainer, then strain again through muslin to remove all trace of the leaves. Pour back into the gin bottle to store – it will keep for a couple of months. Serve shaken with, or over, ice. Makes 1 bottle.

EARL GREY SORBET

■ Bring **500ml black earl grey tea**, **150g golden caster sugar** and **150g liquid glucose** to the boil in a pan. When the sugar and glucose have dissolved, strain into a jug and leave to cool completely. Pour into an ice cream machine and churn until frozen, then transfer to a freezer-proof container and freeze. Serves 2.

Tea bread

CHOCOLATE & EARL GREY TORTE

■ Stir the leaves from **2 earl grey teabags** into **100ml hot milk**. Melt **250g dark chocolate** with **200g butter** in a bowl over a pan of barely simmering water. Stir in **140g ground almonds**, followed by **6 egg yolks** and the milky tea. Beat **6 egg whites** until stiff, then beat in **200g caster sugar**. Fold through the chocolate mix and scrape into a buttered and lined 22cm loose-bottomed tin. Bake for 30-35 mins at 180C/160C fan/gas 4 – it should still have a slight wobble. Cool completely. Dust with **cocoa** and **icing sugar**, and serve with **crème fraîche** or **cream**. Cuts into 10.

TEA BREAD

■ Pour **300ml hot black tea** over **170g each sultanas and raisins** and the grated **zest of 1 orange**. Leave to soak overnight. Heat the oven to 180C/160C fan/gas 4 and butter and line a 900g loaf tin. Add **2 eggs**, **250g self-raising flour** and **200g brown sugar** to the soaked fruit, ensuring everything is well combined. Spoon the mixture into the tin and bake for 1 hr 30 mins, or until firm to the touch. Leave to cool in the tin for 15 mins before transferring to a cooling rack. Serve sliced and buttered. To store, wrap tightly and keep in an airtight container for up to five days. Cuts into 10.

CHAI

■ Heat **2 mugs of milk** in a pan over a very low heat. Empty **2 English breakfast tea bags** into the pan, then add **6 cracked cardamom pods**, **½ cinnamon stick**, a **grating of fresh nutmeg** and **2 cloves**. Sweeten with **2-4 tsp light brown soft sugar**, then leave to infuse, but not boil, for 10 mins. Strain into mugs. Serves 2.

Federation Dates for your Diary – We have loads of speakers coming up – make sure you check the new ones



Date & Time	Event	ID/ Password
NEW Thursday Feb 18 th 2pm	Subscription Meeting for Committee members	826 0894 6585 subs1 (lowercase)
NEW Monday 22 nd Feb 7pm	Subscription Meeting for Committee members	892 4798 7615 subs2 (lowercase)
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
NEW Saturday 27 th Feb 10am	Coffee with the Chairman	896 2854 7770 coffee (lowercase)
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 10.30am	Spring Council/Social Meeting – Annual Meeting. Meet the Board, hear the annual reports, competition and a very interesting speaker.	Codes will be issued upon booking with the office
Thursday May 27 th 7pm	Conspiracy Theories – A talk from Andy Thomas, who is one of the UK's best-known researchers into conspiracies. He is the author of many books and appeared on many TV and radio shows.	859 3659 1602 075874
NEW Thursday 24 th June 7pm	Karen Tann – Zumba Exercise – something a little different for the Federation, please join with a floaty/chiffon/silky lightweight scarf and two wooden spoons (or similar) ready for some of the exercises.	856 5092 4587 676010
CRAFT DEMONSTRATIONS		
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

Other invites - Jarrow WI would like to invite you to their WI Zoom meeting on Tuesday 9th March at 7pm. Please email jarrowwi@gmail.com for joining details.

HELENE DOLDER - LADIES WHO LAUGH

"Ladies, forget about your 'to do' list for a bit and join us as we sit back and let Helene Dolder entertain us as she lives up to her strapline which is 'ladies who laugh'. You may remember her from a Spring Council Meeting a couple of years ago? Looking forward to seeing you at our Zoom meeting."

Remember 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



Denman At Home. <https://www.denman.org.uk/calendar/> - courses are still proving popular at Denman – here's what's coming up this weekend

February 19, 2021		Friday
all-day	● Online Course : Gentle Mindful Yoga with Elaine – 6 Part (Daytime)	
all-day	● Online Course : Make a Reversible Apron with a Pocket with Claire	
all-day	● Online Course : Simon's Talk – Exploring the Battlefields of WW1 in the 1920s (Morning)	
February 20, 2021		Saturday
all-day	● Online Course : Gentle Mindful Yoga with Elaine – 6 Part (Daytime)	
all-day	● Online Course : Cards Using Landscape Stamps with Liz (Saturday)	
all-day	● Online Course : Celtic Knotwork Craft-Along with Tilo (Saturday)	
all-day	● Online Course : Mark Making with Stacey (Saturday)	
February 21, 2021		Sunday
all-day	● Online Course : Gentle Mindful Yoga with Elaine – 6 Part (Daytime)	



Did you know that February 17 is Random Acts of Kindness Day?
“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo Buscaglia

Sometimes it's the smallest act that makes the biggest impact – something as simple as saying please or thank you can turn a day around and make a life seem that much better.

Random Acts of Kindness Day encourages you to get out there and be the light you want to see in the world.

History of Random Acts of Kindness Day

Random Acts of Kindness Day was first created in Denver, Colorado in 1995 by a small nonprofit organization, the Random Acts of Kindness Foundation. Random Acts of Kindness can include just about anything, including something as simple as taking a box of cakes to work.

The idea behind this day

is to make the world a better place by spreading a little light around and to make kindness a part of our everyday lives. Lift someone up with your words, compliment them on their appearance... even the simplest acts can help to brighten someone's day.

Although Random Acts of Kindness Day hasn't been around all that long, kindness itself certainly has! In fact, various studies have concluded that kindness is an inherent part of human nature, with the ability to feel and care for others developing while we're still babies.

The importance of altruism has long been a topic of discussion in the realms of philosophy, psychology, sociology and evolutionary biology. There are various theories for why people gravitate towards benevolent behaviour – perhaps it's because doing good deeds for others increases the likelihood that they'll return the favour if we ever need help in future, perhaps kindness is hardwired into our brains to aid social attachment and group cohesion, perhaps it's simply a product of our ability to feel empathy for others. Whatever kindness's origins, Random Acts of Kindness Day is a way to develop and encourage this precious trait we all share.

The benefits of kindness

There was a wise man who once shared a concept: “Do not think of those who are in need, such as beggars, as seeking charity. They are, instead, providing a service. A service that allows you to get your fix of feel good while simultaneously paying someone for providing it.”

Besides brightening someone else's day and making the world a better place, there are plenty of beneficial side effects to altruism. Indeed, research has shown that the very act of doing something for someone else gives us a chemical high, a higher one, in fact, than if something had been done for us.

When we show generosity to others, our bodies release various hormones such as serotonin, oxytocin and endorphins that can improve our health and overall wellbeing. Oxytocin, for example, helps lower blood pressure and increases feelings of optimism, while serotonin makes us happier, calmer and even has a healing effect! Simple acts of random kindness can reduce pain, anxiety and stress while increasing our energy, lifespan and happiness – what's not to love?!

Another great thing about kindness is that it's contagious. By starting with ourselves, we can inspire those around us to also act with warmth and care. This butterfly effect has been displayed in various art projects, for example the YouTube video “Kindness Boomerang” by Life Vest Inside and the movie *Pay It Forward* – both demonstrate that by setting off a series of generous acts we can influence and improve the world around us.

“ Kindness is
a gift everyone can
afford to give.”

How to celebrate Random Acts of Kindness Day

Random Acts of Kindness come in all forms, large and small, and how you choose to perform yours is entirely up to you. It can start with dropping a bit of change in the cup of the homeless person along the street, or considering the time of year, providing a warm blanket to see them through. You could ring a friend for no other reason than that they're your friend. See someone looking down? Drop a hot coffee or tea on their desk with a smile and tell them to have a great day. Even just smiling at someone and wishing them a good day could have a profound impact.

If you're keen to incorporate even more "feel good" into your life, random acts of kindness certainly don't need to be confined to just this one day! As long as you're spreading warmth and generosity in the world it doesn't really matter how you celebrate.

On Random Acts of Kindness Day, help yourself by helping others – the smile on their face and yours will prove it's all worth it.



Read and Rhyme –

Everything is Beautiful

by Eleanor Ray
(£12.99, HB, Little, Brown)

Like the objects Amy collects, this novel is a treasure too. When Amy's world fell apart, she began to collect little things, but her collection grew until it seemed there was almost no room left for her. But when a chance discovery by the new family next door sheds light on a mystery, Amy's life starts to unravel. Brimming with beautiful descriptions, endearing characters and hope, this book is a joy.

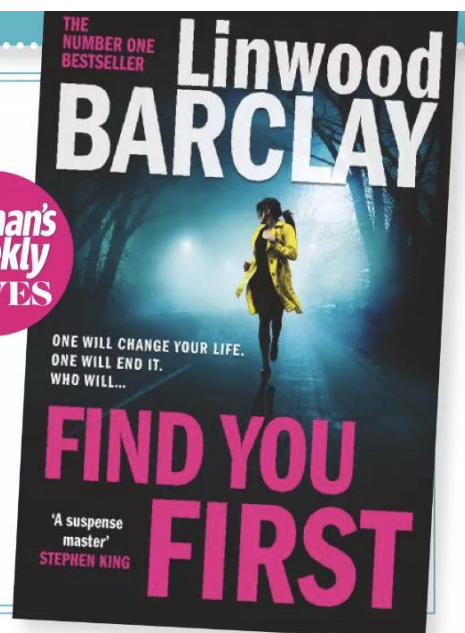


Find You First

by Linwood Barclay (£20, HB, HQ)

It's another pacy rollercoaster of a ride from the bestselling author of *No Time for Goodbye* and *Elevator Pitch*. Tech billionaire, Miles, is facing a terminal illness and decides to track down the children who aren't even aware he exists. But, there's someone a step ahead of him – a killer – and now it's a race against time. In true Linwood style, the story gains momentum until you literally can't turn the pages quick enough. And with genuine connections between his characters, this book has everything!

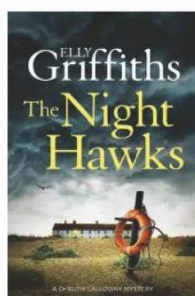
Woman's Weekly
LOVES



The Night Hawk

by Elly Griffiths (£20, HB, Quercus)

We encounter The Night Hawks, a group of local metal detectorists, who happen upon the dead body of a local prison escapee. DCI Nelson thinks it may be an accident until another death suggests otherwise. At the isolated Black Dog Farm, he learns of a spectral hound who appears to people before they die. When forensic archaeologist, Dr Ruth Galloway, excavates the body of a giant dog, things take an eerie turn. A compelling plot and the complex relationship between Galloway and Nelson will keep you on your toes.



Married at First Swipe

by Claire Frost (£8.99, PB, Simon & Schuster)

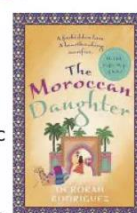
When Hannah agrees to marry a man she's never met, can she save Jess' ailing dating business? Meanwhile, Jess is wondering if a stable married life is all it's cracked up to be. An entertaining read.



The Moroccan Daughter

by Deborah Rodriguez (£8.99, PB, Little, Brown)

An atmospheric book set in Morocco, the land of mystery. As four women prepare for a wedding in the majestic Atlas Mountains, secrets begin to emerge behind the walls of the medina. It's beguiling.



News from our WI's

Sisters of Shields wine club had a French Wine and cook along this week on zoom and it looked like great fun. They cooked chicken fricassee and enjoyed a selection of French wines. It looked like a great sociable night. Future nights planned are a visit to South African wines and a Merlot and Chocolate Cake evening. Count me in!



Liz Matthews from Washington Station thought she would send in her new experience she tried. In the WI Life this month The Quirky Bird article in the Magazine



Inspiring Women notebook (a gift from her WI) to do drawings as well as getting the recipes from the Newsletters. Fab first attempt Liz keep going!



One of two cakes decorated by member Eileen Gardner of Rowlands Gill WI was delivered to ICU at the RVI and Critical Care at the Queen Elizabeth. Other members distributed goodie bags filled with cake and biscuits to help keep up staff spirits. Now that's a random act of kindness !

Whickham Fellside WI celebrated their 50th anniversary. Each member received a socially



distanced doorstep visit and a copy of our latest monthly newsletter together with a commemorative embroidered glass paperweight in an embellished golden box - all designed and handmade by two of our committee members (thanks to Mary and Ron). They will be having a party to celebrate just as soon as it is safe to do so, they have sent some old photos in for us; one of the sumptuous afternoon tea they made for the county and one of them taking part in the Albermarle Barracks assault course –



perhaps you should recreate this for your celebrations – that would be a good picture





Festive Cheer

Debbie Lowe, of Fell's Angels WI, has been keeping busy over the festive period! "I made some miniature beaded bauble covers, plus a beaded stocking for my mother. A friend and fellow WI member got me started with this technique," she explains. "I've always loved making



things, especially sewing – the little rabbits were Christmas gifts for friends. I've also had a go at knitting and crochet, and our WI made 128 chocolate orange covers which we donated to our local food bank."

Debbie Lowe of Fells Angels got a mention in Craft Beautiful – well done Debbie.

Jan Hobson of Washington Station WI tried her hand at baking bread and produced this gorgeous looking loaf to go alongside homemade soup. This fits in nicely with Real Bread week which runs from 20th to 28th February – I wonder if Jan knew she was taking part in this. The campaign was created and has been running since 2010 by the Real Bread Campaign, its main aims are to encourage and help people to:



- Buy Real Bread from local, independent bakeries
- Bake their own Real Bread
- Support Sustain, the charity behind the Real Bread Campaign



How to get involved -

Bakeries, baking schools, mills, schools, care homes, local markets, grain networks, youth and other community groups around the world are encouraged to organise classes, feasts and other activities that work for them, in line with the initiative's aims. Organisers can add details of their events to [the Real Bread calendar](#). The Campaign also encourages people to bake Real Bread at home and share on social media #RealBreadWeek photos of themselves with Real Bread they've either baked or bought. Last year saw more than 2000 posts from at least 37 countries.

https://www.sustainweb.org/realbread/national_real_breadmaker_week

WOW! Your brain can process an image that your eyes have seen for as little as 13 milliseconds – less time than it takes to blink.

◆ Motor cars, invented in New York, were considered the solution to the pollution of the time – the streets were overflowing with horse manure!



In Cornwall it's 'henting', in Cumbria it's 'hossin', and in the Midlands it's 'plothering' down with rain!

◆ People who wake in the middle of the night are more likely to do so at 3.44am.



Wet snow is better for building snowmen – scientists believe the perfect snow-to-water ratio is about 5:1



◆ February comes from the Latin word "februum" which means purification, after a Roman spring cleaning festival.

◆ February is one of the most misspelled words in the English language.

◆ In Welsh, February is sometimes known as y mis bach, or "little month".

◆ Cold winter weather will increase your appetite and decrease your libido!

◆ The word phonetic is not phonetic!

FANCY THAT!

Facts to make you go **"WOW!"**



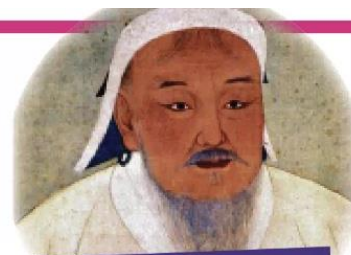
◆ The world's shortest flight is in Scotland – an exhilarating two minutes to cover just one mile, it connects the islands of Westray and Papa Westray.

WOW! It snowed in the Sahara Desert for 30 minutes on Feb 18, 1979 – so far, this is the only known time in history it has snowed there.

◆ Things like FBI, which you pronounce as letters rather than reading out as a word, like NASA, are initialisms, not acronyms.

◆ In a 2008 survey, 58% of British teenagers thought Sherlock Holmes was a real person, while 20% thought Winston Churchill was not.

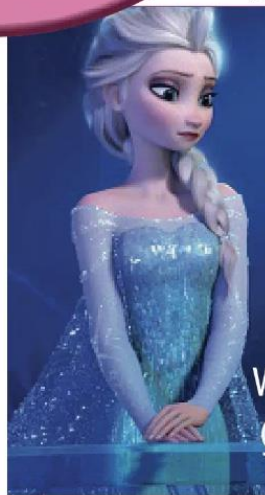
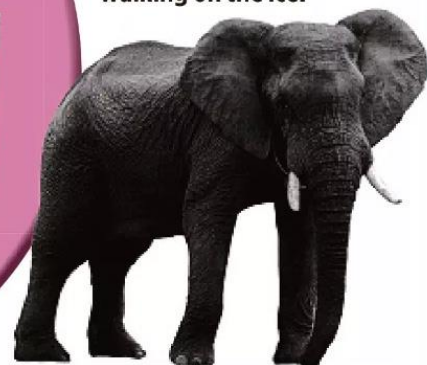
◆ Sunsets are typically prettier in the winter. Cold, non-humid air is clearer than warm summer air, which allows the colours of the sun to shine through more clearly.



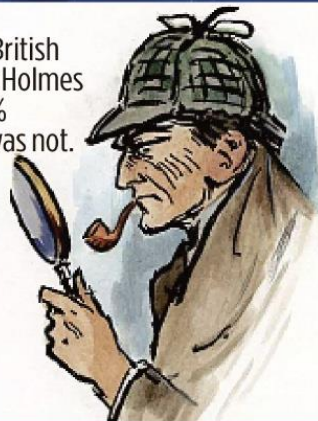
You have a 1 in 200 chance of being related to Genghis Khan

◆ Chionophobia is a fear of snow, or of being trapped in snow.

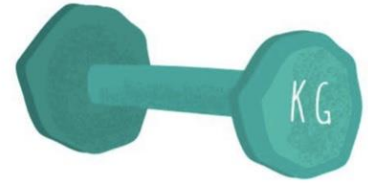
◆ The last Frost Fair on the frozen River Thames was held in February 1814 when an elephant was paraded walking on the ice.



Frozen II is the second highest-grossing animated film ever and 10th highest-grossing of all time with a worldwide box office gross of \$1.45 billion



Looking after **your Wellbeing**



Stay healthy

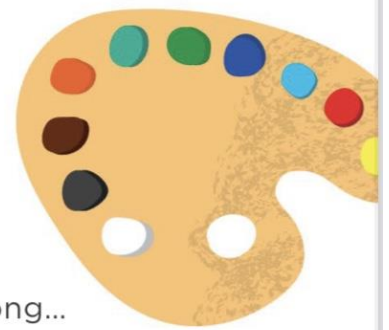
Our physical health really affects how we feel.

- Eat as healthily as you can and drink enough water.
- Stay active indoors. There is a wide range of online or TV exercise programmes, for all ages. Or develop your own indoor workout, set yourself challenges and plan a daily routine.
- Green spaces boost our wellbeing. Go out for a walk or run, spend time in your garden.
- Getting enough sleep can really impact how we feel – be sure to maintain a regular sleeping pattern.
- Avoid drugs and too much alcohol. It's easy to fall into unhealthy coping patterns that make you feel worse.
- Plan how you will continue accessing treatment and support for any existing physical or mental health problems if possible.

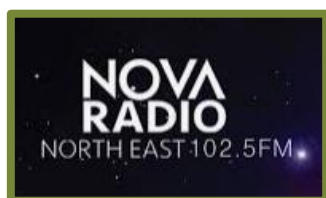
Keep your mind active

Keeping your mind active and learning new things is good for your wellbeing! And a perfect distraction during these challenging times.

Get creative! Draw, colour, make a playlist, bake, write a song...
Get a new hobby! Play guitar, learn to cook, try a new exercise....
Home school! There are 1,000's of online courses waiting for you...
Pay attention! Take time to look at what's going on around you...



Mindfulness can help positively change the way you feel about life and how you approach challenges. Look for free mindfulness apps or search online for how to start.



Puzzles

Wordsearch

Find all the words relating to mail delivery in the grid. Words can run horizontally, vertically, forwards, backwards or diagonally.

BICYCLE	LORRY
BUNDLE	MAILBAG
DAILY	POSTBAG
DELIVER	POSTMAN
DEPOT	ROUNDS
DOOR	ROUTE
EXPRESS	SACK
GATE	STREET
HAULAGE	TRUCK
LOCAL	VAN

H	R	O	U	T	E	X	I	N	H	I	S	N
M	B	I	L	T	O	P	E	D	N	S	D	E
H	I	V	G	A	I	G	T	E	E	N	A	S
S	C	E	A	R	C	M	A	R	I	N	I	D
E	Y	A	B	N	S	O	P	B	U	E	L	N
O	C	T	T	D	R	X	L	K	L	C	Y	U
I	L	E	S	L	E	S	H	D	C	I	K	O
A	E	N	O	L	T	L	N	S	E	A	A	R
O	C	R	P	R	R	U	I	T	I	A	S	M
E	R	G	E	N	B	M	S	V	K	O	D	R
Y	T	E	H	A	U	L	A	G	E	O	I	A
E	T	P	H	N	Y	U	E	C	O	R	D	L
S	N	A	M	T	S	O	P	R	E	T	A	G

A Science(ish) Quiz – answers next week

- Which was the first metal to be discovered?
- By what name is Ben Collins better known?
- What period of time is equivalent to 31,557,600 seconds?
- Who invented the hypodermic syringe?
- Which is the heaviest internal human organ and its approximate weight?
- Agrimony is the study of what?
- Which fruit is called 'earthberry' in German?
- What does it mean if a cell is haploid?
- What is carragheen?
- How many hearts does an earthworm have?
- Which acid makes rhubarb leaves poisonous?
- How is the plant lactuca sativa better known?
- Which plant has the largest leaves?
- The Amur River forms much of the border between which two countries?
- Which two main metals are found in Atacama Desert in Chile?
- What is being constructed in the Atacama Desert at the moment?
- Who was the first woman to captain a space shuttle crew?
- What was the Christian name of frozen food man Mr. Birdseye?
- How many countries do the Andes pass through?
- The sun is constantly burning up its energy. The equivalent energy of how many mars bars does it consume in one second?
 - 400thousand,
 - 400million,
 - 400billion,
 - 400billion, billion?

Postbag



Teesside Federation - Thanks for sending us your latest newsletter.

I've told our BOT they'll need a BIG coffee when they read it !

Thanks for a cracking Bulletin this time. Plenty to keep us entertained.

Audrey Taylor Washington Concord

Wow!!! It's like the old summer holiday bumper edition we used to buy!! Marvellous thank you xx

Sandra Scott – Fulwell

Yes, I've managed to get away from Sunderland and some sun to boot. How? Well I joined the Kielder Observatory ZOOM session organised by the Sisters of Shields. I travelled 432,450 miles to the sun and by was it hot, even on a cold February evening. It was a very interesting and informative presentation, hailed from Sunderland so extra points to all round. He made The Universe and the wonders of the Sun and the Northern Lights come to life and even I could understand it. Many thanks and appreciate all that is being done to keep TWSFWI connected.

Teresa Rowell,

Herrington WI.

On that note of the sun, it seems to be bright at the minute so keep smiling

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:** 0800 2000 247