

theWI Tyne & Wear South

News Bulletin

15th April 2020

Hello Everyone,

I hope you are all managing to stay well. After the information went out last week about my re-election as Chairman, I was overwhelmed by the kind messages, comments, emails, phone calls and notes congratulating me and wishing me well. I thank you for all the kind wishes and look forward to the next year.

We had sad news this week, two of our long-standing members passed away. Gloria Pratt of Washington Station and Val Ross from New Cleadon. Gloria was a former committee member, a great traveller and was a great quiz team member with her extensive general knowledge. Val was also a member of the Federation Art and Craft committee. A very talented crafter she worked with silk and was an experienced embroiderer and many of our WI's enjoyed her workshops and demonstrations. Both ladies were members for many years and will be missed by their respective WI's.



Congratulations this week to **Dilly Dollies** who applied for and were given a grant from Gateshead Council's Community Fund. This will pay for their hall hire for half a year releasing WI funds for better speakers and activities.



CHANGING LIVES

Whickham Fellside delivering a variety of items to help Changing Lives.

Well done to **Whickham Fellside WI** (while observing social distancing), who completed a Lenten Collection for the Changing Lives Charity. A wide variety of items were donated from toothbrushes and bedding to Easter chocolate and tinned food and delivered to the charity's offices on Team Valley, Gateshead. Changing Lives charity were to give a talk at our Spring Council meeting hopefully we will see them in the Autumn.

Changing Lives is a nationwide charity helping people facing challenging times to make positive change - for good. Their services include housing and homelessness, drugs and alcohol issues, women and children and employment.

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How are you filling your time? If you had told me this time last year that I would have a number of weeks at home not able to get out, I would have said "Great I will get lots done!" Well I am finding that I can't really settle to anything much. I have had a disastrous attempt at animal felting, crocheted 2 rows of a throw I've been making for 3 years, made a few cards. I've thought about baking but we would have to eat it all.

Last week I took part in an online swing fit class, the music was great but it brought back a lot of awful memories of going to tap dancing with my sister when I was about 8. I was rubbish and the teacher made me sit out most of the dances. I have no co-ordination and was always in an opposite direction to the rest of the class. The best I can say for the swing fit was at least it was 35 minutes exercise and no one could see me!!



This was a clip written by Lorraine Kelly in a women's magazine, where our true importance is recognised. We could have done it ladies!!!



As food shopping has become more and more difficult recently, many of us have taken a closer look at what is already in our kitchen cupboards and have come up with some creative and delicious recipes. We would love to circulate some of these recipes with our members so if you have a store cupboard recipe please send it into the office and we will share it.

This week we have included a recipe I was given a number of years ago by a good friend for shortbread. She called it the 3-2-1 recipe. You can make industrial quantities or small quantities as long as you keep the ratio of 3-2-1.

3 parts plain flour	3 kilos	300gms	30z
2 parts butter	2 kilos	200gms	20z
1 part sugar	1 kilo	100gms	10z

1. Cream the butter and sugar together.
2. Add flour slowly and combine into a soft dough.
3. When the dough come together, wrap in clingfilm and chill.
4. You can either roll the chilled dough out on some flour. Do not overhandle as it will make the dough tough. Use cutters to cut out the dough or shape the dough into a roll, wrap in clingfilm and chill. When chilled slice the dough.
5. Bake at 170°C or Gas mark 4 until golden brown.
6. Sprinkle liberally with caster sugar and cool.

These keep very well in an airtight tin if you can resist them. This turns out to be the same recipe given out at Denman college for the biscuits served there at teatime.

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Covid 19 Appeals

There are many appeals that are circulating on social media asking people to make things such as matching hearts for families of Covid-19 victims, cotton drawstring bags for nurses to put their scrubs in at the end of shift so that they can safely be transported to the washing machine, for people to make scrubs etc. I know that many of you want to do something practical and productive during the time you are forced to stay home. As a Federation we have not had any official requests for help and as the office is closed, we are not in a position to collect or co-ordinate donations. I have checked out this possibility.

Kim from the Sewing and Quilting Company 'Sixpenny memories' is co-ordinating a drive to collect paired hearts and bags. The hearts can be made from fabric, felt or wool, any size but in pairs and the drawstrings bags are approx. 18 x 21 inches. Once made send them to Kim, 30 Norham Road, Whitley Bay NE26 2SD. Call 07813 951477 for more information or check out the 'Sixpenny Memories' website and facebook page for more information.

If you have any stories you would like to share, any recipes you have tried, any requests for Julie Pendleton's radio show please get in touch with Joanne but in the meantime



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 day 7 days a week if you need them.