



Hello Everyone,

I hope you are all safe and well and making the best of the situation we find ourselves in. I have had a busy week; my home-schooling duties finished this week as my grandson was able to return to school so I can relax a bit and I've learned what relative clauses are and a way to remember the planets of the solar system. I have always held primary school teachers in great regard and my respect has gone up a few more notches this month.

I was asked to give a talk about the WI to the Tyneside Rotary Club by zoom this week which was interesting. They were very interested in how we were dealing with the pandemic and how we are staying in contact with members.



This Thursday was the Federation Quiz and we were delighted that we had 30 participants from all areas of the Federation. Friends and families living in the same households were invited to take part. However, the Federation took no responsibility for family or marital arguments about the answers. The prize winners were as follows: First prize went to Fiona Wilson of Dilly Dollies WI, Second was Clare Espie of Bowes Belles WI and after a tie breaker Marjorie Burland Herrington WI won third prize. Anne Cryer of

Fells Angels was a very creditable runner up. So well done everyone and it was great to see you all. Thank you for participating.

I hope some of you have managed to see Board Members, Debra Phippen's, video of how to make a Victoria Sandwich cake. (about 600 of you have viewed it so far) its beautifully done, very clear and the finished result looks delicious. It's on our Facebook page and our web page. Thankyou Debra- a serious contender for Nigellas job! We are all in a digital learning curve so if you have a video of craft, cooking or anything else of interest to members, please share it with us.

A big welcome to Karen English – our new Board Member.

Karen joined the Board in October 2020 and is an active member of the Sister of Shields, she works, she studies at Newcastle University and is a fulltime mam. She is very busy lady with brand new ideas and we are sure has lots of offer our Federation – Welcome Karen!! I am sure that you will be a valuable asset.





This coming Thursday is Thanksgiving Day in the United States, an annual holiday based on giving thanks and celebrating the harvest and other blessings the year has brought. Whilst we might think this year hasn't exactly brought many blessings, I am going to make an effort to concentrate on the things I have to be thankful for. So, for the month 26th November to 25th December each day I will find something to be thankful for and I shall head towards Christmas with a positive mindset. Anybody want to join me? I shall post each day on our Facebook page please add your positives too.

Don't forget virtual Craft Demonstration Saturday 12 December A twist on Christmas Wrapping! Codes in the Diary section. Some future activities have been added to our diary dates so don't miss out!

Christmas for Committee members zoom December 2 at 7pm. If you are on any of our WI committees across the Federation please come and join us for a WI update and some Festive fun. Equip yourself with your own festive tipples and treats. Meeting code 845 3151 6390 Password 079344.

Mince Pies and Members festive gathering for any member across the Federation December 22 at 7pm. All members are invited for a get together and festive fun. Further details later, Meeting code 822 5730 8797 Password 636661

Save the Date !!!!!!!!!!!

Spring council meeting next year will be held on Saturday 10th April either in reality or virtually. Put the date and time in your diary.



Sadly this week I have to tell you of the loss of three of our members, Ena Grey of Greenside WI, Pearl Levy and Jennifer McDine both of Whickham Village Belles WI. It is sad losing friends at any time but it seems harder at the minute when we cannot pay our respects in the normal way. Our thoughts are with their friends and families.

A bit of good news, we made contact with Shields Gazette this week and were lucky enough to have an article published straight away. There is a small extract below but for the full piece use this link

**THE SHIELDS
Gazette**

https://www.shieldsgazette.com/news/people/jarrow-womens-institute-branch-celebrates-40th-anniversary-it-looks-future-3044484?fbclid=IwAR2onOl_hzVX8aqF-d1NCN-HkBOgKgbp3n-tmVFATCiYEEzWp62Ns2RA5g

Jarrow Women's Institute branch celebrates 40th anniversary as it looks to the future

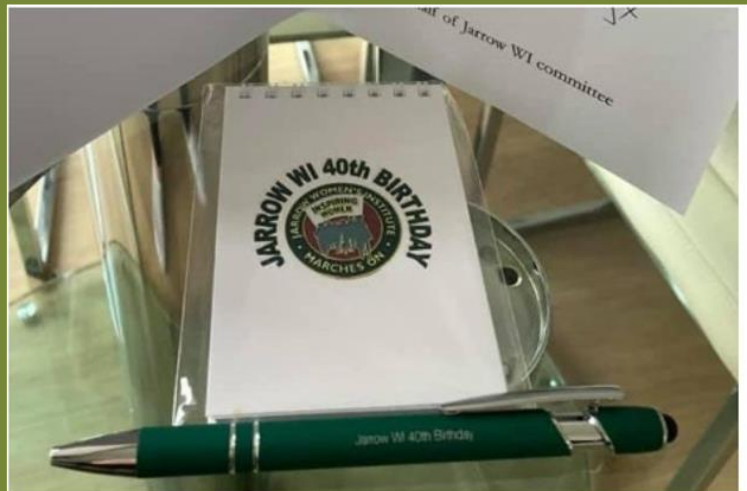
A Women's Institute (WI) branch has been celebrating its 40th anniversary, although not in the way they imagined – and they're also on the lookout for new members.

The Jarrow branch is part of the wider Tyne and Wear South Federation of the WI, which has over 1,200 members.

Its chair, Margaret Carter, said: "We would have had a party, but had to have a Zoom meeting instead with a quiz and a good old chat. Members also received a 'meeting in a bag' with commemorative gifts.

"I think the 40 years that the organisation has been running is great to see in this day and age. It's good to see something with such a lasting presence. There are two or three members who were there when it first started.

"Jarrow WI has raised a lot of money for different charities over the years. They do things on a grand scale in Jarrow. They were all up for a good party, but we can do it some other time."



The Jarrow WI has been celebrating its 40th anniversary with a 'meeting in a bag'.

Remember to keep sending your stories in – you don't know where they will turn up !

News from National – quite a few things to interest you from National

National Gallery supports the *Not in my Name* Campaign

27 November 2020, 7pm-8pm, £5 per ticket

Join Artist Luisa-Maria MacCormack of The Big Art Herstory Project to look at the reasons behind the victim-blaming romanticised, colonial and male-orientated approach of some of the most famous and troubling paintings every made. Luisa-Maria will also consider interventions and activist projects by feminist artists such as Artemisia Gentileschi, who have added their voice to an ongoing debate. This event is brought exclusive to WI members through the WI/National Gallery partnership.

Design the Queen's Birthday Card

Using calligraphy skills, WI members are invited to submit a piece of work, on behalf of the Women's Institute, to celebrate the Queen's Birthday. Work can be presented in any Calligraphy style, using any form of writing instrument associated with the art of Calligraphy. Members are invited to be as creative as they wish, using a single or various Calligraphy techniques, colours and ink.

Crafting with the Chelsea College of Arts

Are you passionate about art and design? Are you skilled in weave, print, knit, stitch or embroidery? Would you like to team up with some of the UK's most experimental textile designers to create work which brings together the craft, expertise and heritage of the WI with contemporary design? Chelsea College of Arts, in partnership with the NFWI, are looking for skilled and forward-thinking craftswomen of the WI to take part in a project with BA Textile Design students, that will encourage skill-sharing, communication and creativity.

Elizabeth Bell Challenge 2021/2022

Running from January – December 2021, WIs are invited to compose a record demonstrating how their members have worked together to engage and support one-another throughout the year; offering opportunities that have united their members, as well as successfully marketing the WI to increase their membership. All members of the WI are encouraged to take part and contribute; from organising activities, photography, managing and writing the record(s), to designing and formatting the final entry. We want WIs to work together as a team and create a piece of work which proudly demonstrates the up's and down's of a year in the WI, as well as recognising the inspirational achievement made by all members that will go towards safeguarding another 100 years of the WI.

We are still running our weekly virtual WI WN activity sessions **every Monday evening at 7.30pm and every Thursday morning at 10.30am**. These sessions are free to attend and are offered to all WI members (England, Wales and the Islands) regardless of whether or not you play Walking Netball, as an exclusive benefit through the NFWI/England Netball partnership. So please do join us and bring your fellow members. We will also be sharing a pre-recorded Walking Netball session once a month on My WI, so you can access a Walking Netball session when it is convenient for you. Please contact nicole.flaherty@englandnetball.co.uk to register your interest and receive a link to attend a virtual session.

Courses on offer from Other Federations

They are running a number of Zoom courses for WI members between now and Christmas and would love anyone to join them. The courses can be booked and paid for socially distanced online by following either the link from our website <https://yorkshire-north-west.thewi.org.uk/nyw-zoom-along> or direct from Eventbrite page <https://www.eventbrite.co.uk/o/north-yorkshire-west-federation-wi-31197851895>



Tyne and Wear South Federation - Photography Competition 'Living in Lockdown'

All members are invited to participate in this competition. We would like you to submit a photograph which shows us an aspect of 'Life in Lockdown'. We hope to make a printed display of these photographs at the Spring Council Meeting next April. If we have to have a virtual meeting then the photographs will be made into a video presentation to be shown during the meeting. Please accompany your photograph with an explanation of the photo – the explanation must not exceed 3 sentences, your name and your WI. The photograph must have been taken between March 15th 2020 and February 15th 2021. Send your photographs to the Federation office by February 15th 2021. Great prizes for the winners.



Denman At Home.

www.denman.org.uk/. Here's a sample of the courses available for the

coming week. There are some great Christmas Crafts courses coming up

November 26, 2020

all-day ● Online Course : Peter's talk on Constable Country (Daytime)

all-day ● Online Course : Vegetarian Cook-Along with Alex – Rosemary Fougasse Stuffed with Parmesan, Mushrooms & Spinach

November 27, 2020

all-day ● Online Course : Friday Night Chill-Out with Elaine

all-day ● Online Course : Scandi Christmas Tree Make-Along with Claire

all-day ● Online Course : Simon's Talk – My Favourite Poems – Part 3 (Morning)

November 28, 2020

all-day ● Online Course : Make a Fabric Wreath with Christine

all-day ● Online Course : Needle Felt-Along with Sue – Penguins

all-day ● Online Course : Pat's Half Square Triangle Quilt – Demo with Q&A

November 30, 2020

all-day ● Online Course : Qigong with Elaine – 4 Part Course

all-day ● Online Course : Christmas Cake Decorating with Kelly – Demo with Q&A

all-day ● Online Course : Melanie's Talk on the Parks and Gardens of Flanders

December 1, 2020

all-day ● Online Course : Qigong with Elaine – 4 Part Course

all-day ● Online Course : Festive Treats Demonstration and Q&A with Lindy – Mince Pies and Mulled Wine Cider

all-day ● Online Course : Freehand Machine Embroidery with Stacey – Cute Snowman Tree Decorations

all-day ● Online Course : Modern Calligraphy for Beginners with Jane (Evening)

all-day ● Online Course : Simon's Talk on the Regent's Canal – Part 1 (Evening)

all-day ● Online Course : Simon's World War 1 Course Part 8 of 8 – Aftermath

December 2, 2020

all-day ● Online Course : Qigong with Elaine – 4 Part Course

all-day ● Online Course : Geoff's Literature Talk – Thomas Hardy's Wessex

all-day ● Online Course : Craft-Along with Tilo – Make your Own Mandalas

all-day ● Online Course : Peter's Talk 'One Man's Denman' (Evening)

December 3, 2020

all-day ● Online Course : Qigong with Elaine – 4 Part Course

all-day ● Online Course : Peter's talk on London Remains To Be Seen – The Cities of London and Westminster (Daytime)

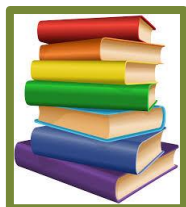
all-day ● Online Course : Tracing your Family Tree for Beginners with Jessica – The Next Steps

all-day ● Online Course : Vegetarian Cook-Along with Alex – Seasonal Vegetable Tagine with Rocket Freekeh-zotto



Federation Dates for your Diary –

Date and Time	Event	Meeting ID and Password
Wednesday December 2 nd 7pm	Christmas Zoom for Committee members	845 3151 6390 079 344
Tuesday 15 th December 7pm	The Joys or Otherwise of the Festive Season	851 5446 7700 488 313
Tuesday December 22 7pm	Mince Pies and Members festive gathering for any member across the Federation.	822 5730 636 661
Thursday 28 th January 21 7pm	Cookery Demonstration (Vegetarian for Life)	867 91811224 vegetarian
Thursday 25 th Feb 2021 7pm	The Life and loves of the Taxi Driver of Poet.	Details to follow
Thursday 25 th March 2021 7pm	Flower Arranging	Details to follow
April 10 th 2021	Spring Council/Social	Details to follow
Thursday 27 th May 2021 7pm	Conspiracy History Theories of the World	Details to follow
CRAFT DEMONSTRATIONS		
Sat Dec 12 th 10.30am	Christmas Wrapping with a Twist	Meeting ID 813 5842 5935 Password – wrapping all lower case
Sat Jan 9 th 2021 10.30am	Archive Tags	818 3298 0331 archive
Sat Feb 6 th 2021 10.30am	Valentine Tokens	816 0790 7881 valentine
Sat March 6 th 2021 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



Read and Rhyme –



When I Come Home Again

by Caroline Scott
(£16.99, Simon & Schuster, HB)

When a World War One soldier with complete memory loss is discovered in Durham cathedral, more than one woman steps forward to claim him as her own. But the past is a place he has shut away, and in this powerful psychological novel, Scott explores the mental health of everyone involved in the soldier's life. A carefully nuanced, complex story.



A Lie for a Lie

by Julie Corbin
(£8.99, Hodder & Stoughton, PB)

As with any good thriller, we like to be kept guessing until the end. When well-respected and trusted school nurse Anna is accused of hitting a pupil, Tori, shock and disbelief ensues. Anna wants to clear her name before her career is ruined, but when Tori is found dead, suspicions mount. This riveting read *will* keep you guessing.



WHEN THE MUSIC STOPS

by Joe Heap (£12.99, HarperCollins, HB)

We meet Ella adrift at sea. Suffering from dementia, she's unsure why she's there, only that there's a baby – her grandson – who needs her. While grappling with the situation, we learn about Ella's life from Glasgow in World War Two to the rocking 60s and beyond. As the ghosts of Ella's past revisit her, and we discover more about her choices. A courageous read.

For more books information, see goodtoknow.co.uk/books

ON-SALE 17TH NOVEMBER

What have you been upto this week?



'Lest we Forget' - President Mrs Ron Johnson laid the Poppy Wreath at the Cenotaph in Whickham on Sunday 8th November 2020 on behalf of all members of Whickham Fellside W.I.

Herrington WI held another zoom bingo this afternoon. Though small it was nice to see everyone.



Karen English of Sisters of Shields WI decided that the latest lockdown would mean their local food bank would be missing out on donations. She put a collection box outside her house and let everyone on Face book know she was collecting. In a short period of time she had eight bags of groceries to donate. Fells Angels WI have also worked really hard producing goody bags for the food bank on Gateshead they were full of festive treats for the recipients of the food bank services.

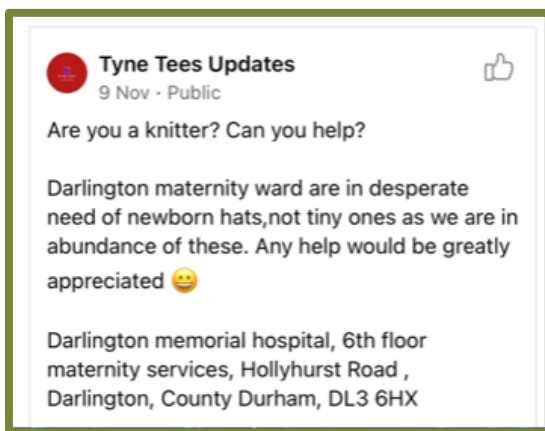


People are very kind.



After our craft demonstration at the beginning of the month it was delightful to see Gill Graham's 6-year-old granddaughter Georgina developing her Sugarcraft skills. I hope Georgina enjoyed making them as much as I enjoyed demonstrating.

Washington Station celebrated its 88th birthday this week. All members received a meeting in a bag with adult colouring, coloured pencils, a cross stitch card making kit, some handmade greetings cards, a lavender bag and some nice biscuits. They can't wait until they can meet again to celebrate together. Members were delighted to have their bags hand delivered by committee members when many enjoyed a distanced chat and it was good to see members looking so well.



Sandra Scott, from Fulwell WI posted this article on facebook recently. We are pleased to inform you that Fulwell WI answered the call for baby hats. Darlington Memorial hospital were over the moon and sent their very best wishes. If you have any spare wool,



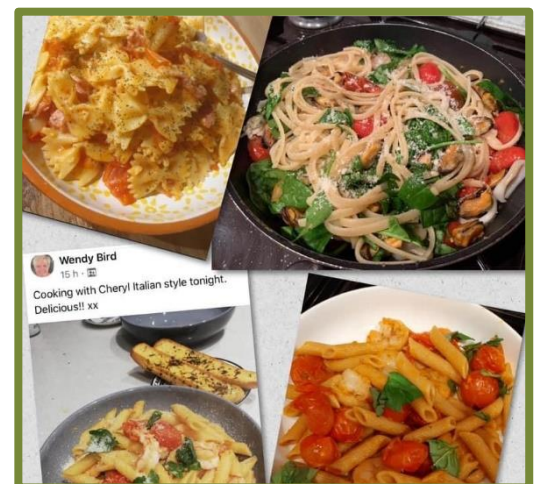
why not knit one, we are sure they would be appreciated anytime.



Aswell as knitting Sandra has also been busy making masks using the pattern shared through the bulletin. She recently made poppy masks, Pudsey bear masks and now Xmas masks for friends and family. Her husband dared to ask her if she had any Easter material... we hope it won't be needed; let's hope and pray for the rollout of the vaccine as soon as possible.

Sister of Shields Wine Club – The Sipsters

A first for our Sipsters, last week, an Italian night with an easy cook along. The idea was to choose any bottle of Italian wine and join in with cooking an easy pasta dish. Pasta with Burst Cherry tomato sauce was chosen to be the dish though some of the Sipsters added extra ingredients like, seafood, bacon etc. Best way to have a meal together in these times, All the food looks delicious.



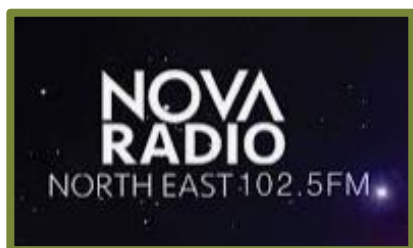


Since the beginning of lockdown in March, many members from Ewesley Road WI have been self-isolating or shielding. As a result, the group, has unfortunately not been able to have their regular catch up and natter. They have continued during this difficult time, to keep in touch via phone calls, texts and the good old-fashioned method, letters. They have become very much aware of the mental impact this horrible time has on all their members. With this in mind they thought what would put a smile on someone's face or have a positive impact on their well-being.....flowers! They arranged for Zoe Overton, the Wedding Florist to help. Zoe put together some beautiful bouquets which were hand delivered to everyone. It was

wonderful seeing the faces of the ladies as the flowers were delivered, bringing smiles of joy to their faces. Everyone agreed the flowers were beautiful and a wonderful surprise. It was lovely to talk to each other with Covid restrictions. Ewesley Road WI would like to wish everyone of our WI members best wishes and take care and stay safe.



Gelli printing is a form of art called monoprinting. This is where you take a gelli plate, which is a soft silicone plate where you paint a design on. You then can transfer beautiful prints from the plate to your paper or fabric. This is latest craft Joanne has been doing – fantastic with kids! messy but fun.



Remember to tune into On Nova Radio North East, Sundays 2-4, where Julie Pendleton talks to Margaret Carter and always has a variety of interesting guests.

Very few of us will have our traditional Christmas this year, this is a really interesting article that outlines that different isn't necessarily bad.

Let's face it, other than the turning of night into day and the mere passage of time, there's nothing about 2020 that has gone quite as we expected or predicted. And now, here we are nearing December (although I'm actually convinced we're still stuck in some sort of time-warp from back in March) and we find ourselves facing an extraordinarily unique festive season ahead. One with notes of a decidedly non-festive fear of seeing others, and a strange sense of uncertainty regarding the joyful, conventional activities we cherish around the end of the calendar year. But before we go ahead and cancel Christmas 2020, I propose we approach this year's festive season with a revolutionary and untraditional mindset, and with intentions to proactively make our Christmas a positive one, for more than just ourselves.

RE-THINK

Many birthdays, weddings, celebrations and holidays this year were pretty much off the cards. But if you were lucky enough to have a party scheduled on a non-lockdown date, it was likely an avant garde and socially-distanced affair, quite probably outdoors, and not likely to have gone quite as you planned. But hey, you made the best of the situation you had, and you ran with it.

For many of us however, we draw the line at changing our Christmas plans, insisting that the season just wouldn't be the same without some of our most-loved celebrations. As frustrating as it may be, let's turn this year into an opportunity to re-think our festive traditions, starting with the food.

It's likely that we'll all be having smaller, more intimate festive dinner parties this year. An opportunity that brings with it a whole host of Christmas dinner options (read: the less guests you have to cook for, the less pressure on your cookery skills). Re-think tradition by ditching your complex roast dinner (which usually results in a whole host of food waste) in favour of creating a cuisine from around the world. Why not dabble in Jamaican food for Christmas Day and cook up a Boxing Day feast inspired by flavours of the Punjab? Buy a recipe book or e-book from one of your favourite chefs or online recipe creators and be inspired to try something new while making their day a little brighter. Even better (and easier), why not pre-order festive fare from a local independent chef or restaurant? Investing in the community and saving yourself cooking time – win-win!

This year, I'd also encourage you to re-think how you choose to spend, shop and gift. Smaller, independent businesses are the hardest hit by 2020's financial difficulties, and could really use your spending power this year to help them survive. Gifting vouchers for unique and smaller eateries, sourcing groceries from independent health shops, and buying gifts online from a range of off-high street brands and smaller, diverse businesses will help invest Christmas capital into supporting a host of fantastic individuals, while raising the profile of their brands.

RE-PURPOSE

Since we're thinking about shaking up our festive traditions, let's talk decorations. Quite a significant chunk of our money goes towards festive décor every year, but why not save those pennies in favour of making your own unique and beautiful Christmas decorations? Grab yourself some craft

wire, holly, ivy, pine cones and ribbons for a DIY festive wreath, garland or range of hanging ornaments. You can find affordable yet simple DIY re-purposing décor ideas online (go on, have a Pinterest search...) and enjoy a lazy Sunday afternoon crafting yourself into a sustainable elf.

If you're looking to give a gift that is a little more on-trend, check out clothing re-sale apps such as Vinted and Depop. These apps give you access to an almost infinite range of second-hand clothing and accessories available to buy from independent sellers looking to sell their pre-loved clothing. You're almost guaranteed to find something gift-worthy that is perfect for your recipient, with the added benefit of refusing to contribute to fast-fashion and clothing waste.

Finally, re-purposing items to use as Christmas wrap is one of my favourite sustainable festive hacks. Every year, I wrap presents in 100% recycled paper (either brown paper or plain tissue paper), and use an array of ribbons, loose buttons, old Christmas cards re-purposed as tags, dried flowers, twigs, twine and leaves to create simple, effective and beautiful Christmas gift wrap. The process of gathering my wrapping materials and wrapping the present itself is almost as fun as seeing the

recipient's reaction when they open it. What's more, all of the wrapping items I use are either re-usable or re-purposed, or they are bio-degradable and/or recyclable, meaning zero waste and zero plasticised paper to landfill.

RE-CONSIDER

Now is also a fantastic time to re-consider how you can spread festive joy to others, at a time when we all feel a little disconnected and uncertain. Seeing some of our loved ones might not be possible this year, but never underestimate the power of a phone or video call. Organise yourself a family Skype or group voice-call, and pick up the phone to check in with loved ones and friends who might be on their own this Christmas. It'll only take a few minutes out of your day, but it may just make your loved one's a whole lot brighter.

RE-FOCUS

OK, don't get me wrong, this year has been... *sigh*. But, if you flip 2020 on itself, we've learnt quite a bit about how we as humanity have the ability to unite together, support those with poorer health and greater vulnerabilities, and actively promote justice for those whose voices aren't being heard, respected or understood. Let your festivities this year be spent as a time for great reflection and giving thanks for all that this year has taught you about yourself, and all that it has highlighted that is in need of change. Take this time to re-focus your intentions, look beyond your own goals and aspirations, and strive to make 2021 better for not only yourself, but for society around you and those who need it the most. ❤️



❁ *“Why not pre-order festive fare from a local independent chef or restaurant?”*



Christmas Corner – full of calories this week balanced out with some healthy facts about chestnuts which are now in season.

Rum And Mince Pie Ice Cream

Give a festive flavour to this delicious ice cream!

Ingredients

- ◆ 6tbsp luxury mincemeat
- ◆ 50g glacé cherries, quartered
- ◆ 3tbsp rum
- ◆ 2 x 500ml tubs good quality vanilla ice cream
- ◆ 8 Amaretti biscuits, broken into small pieces
- ◆ Sprigs of redcurrants or a few glacé cherries, to decorate

- 1 Mix together the mincemeat, glacé cherries and rum and leave to soak for 10-15min while the ice cream softens.
- 2 Tip the ice cream into a bowl and break it down with a fork. Stir in the mincemeat mixture and broken biscuits. Return to a freezer container and freeze until solid – preferably overnight.
- 3 Serve, decorated with redcurrant sprigs or glacé cherries.



6 good reasons to eat chestnuts



Prevents Colds

Sweet chestnuts are typically in season in the UK from October to November, which is great timing because they contain a wealth of antioxidants plus vitamin C, which makes them a useful support for the winter immune system. Vitamin C keeps white blood cells in production, allowing them to destroy any free radicals in the body before they can mutate or create disease-causing stress near your organs. The antioxidants in chestnuts also help to support the formation of blood vessels, cartilage, muscle and collagen throughout the body, while also aiding the absorption and storage of iron.

Support Brain Function

You'll find a generous blend of B vitamins in a handful of chestnuts, with one serving containing 21% of the recommended daily value of B-6, 15% of folate, 14% of thiamine and 9% of riboflavin. These fat-soluble B vitamins help the body produce red blood cells and break down protein, carbohydrates and fats for energy, so promoting healthy skin and helping to enhance brain function.

In fact, a healthy presence of these nutrients has been directly linked with neurological development. Chestnuts are also rich in the mineral potassium which helps increase the flow of blood to the brain and preserves the health of the nervous system.

Blood Sugar Control

Unlike most other nuts, chestnuts contain little protein or fat but they are a great source of complex carbohydrates, which means they help slow the absorption of food, reducing the risk of blood sugar spikes. They are also a good source of fibre which is important for a healthy digestive system, and they lower LDL (or "bad") cholesterol levels, helping to make you feel full for longer. This, and the fact that chestnuts are low in fat and calories, means they can help to maintain a healthy weight.

Help Lower Blood Pressure

The potassium found in chestnuts helps control how water moves inside the body and operates as a "vasodilator", which allows blood vessels to stretch and widen, so promoting healthy blood flow, and effectively easing the tightness of congested arteries and blood vessels. A simple serving of chestnuts could be enough to help decrease the likelihood of stroke, angina and heart disease.

Anti-ageing

Chestnuts have a high content of the trace mineral manganese which is an antioxidant that helps soak up free radicals in the system and so reduces our risk of cancer and heart disease. A study by the University of Maryland in the USA found that manganese also plays a key role in the ageing process, helping with the production of connective tissue and blood clotting. Add chopped chestnuts to porridge or muesli for a manganese-packed breakfast, swap for croutons in salad, or scatter on soups, stews and stir-fries.

THE SCIENCE BIT

Each 100g of chestnuts, on average, contains:

- Calories – 149 calories
- Carbohydrates 28g
- Protein 1.9g
- Fat 2.2g (nearly all the fat in chestnuts is a "good" or unsaturated fat)
- Fibre 5.1g
- Vitamins: C, B
- Minerals: copper, potassium, manganese, magnesium

WOW! 6 million rolls of sticky tape will be sold in the run up to Christmas.

◆ The term Great Britain does not refer to any inherent "greatness" of the nation, but simply its increased geographical area, like "Greater Glasgow".



George Clooney's aunt, Rosemary Clooney, starred as Betty in the film *White Christmas*

◆ There are 60 different species of birch tree, and their usual lifespan is 40-50 years, but in favourable conditions, birch trees have been known to live as long as 200 years.

◆ The slang term "booze" has been around longer than you might think. It comes from the Middle English verb "bouse", meaning to drink excessively.



◆ During your lifetime you will spend around 35 days cleaning your teeth – or 0.1% of your life.

◆ The UK's Dyslexia Research Centre is in... Reading!



Robins on Christmas cards started out as a joke over 150 years ago when postmen wore red tunics

◆ Natural Christmas trees outsell artificial ones by a ratio of 3:1 in the UK.

◆ 25-34 year olds are the most likely to buy a new Christmas jumper, but over half the population wears one on Christmas day.



WOW! George Michael donated all his royalties from the song *Last Christmas* – estimated at £300,000 a year – to charity.

FANCY THAT!

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

◆ In the UK, November 21 is World Television Day, celebrated to encourage global exchanges of TV programming that focuses on cultural exchange.



◆ Bluetooth was named after 10th century King Harald Bluetooth, who united Denmark and Norway, like Bluetooth unites phones.



Cleopatra lived closer in time to the moon landing than to the construction of the Great Pyramid of Giza

◆ For a Christmas to officially be white, a single snowflake has to be observed falling on Christmas Day on the rooftop of the Met Office HQ in London.



Tradition says you should eat one mince pie on each of the 12 days of Christmas to ensure good luck the following year

◆ Of all the creatures on the planet, humans are one of only 3 capable of laughter – the other two are chimpanzees... and rats!

Postbag – Once again thank you for your lovely comments, it really makes it worthwhile

“Margaret, Thank you to you and Joanne for a really good evening of quizzing. I had a great time made even better by being one of the winners. I don't think my little grey cells have worked as hard in a long time, but it's heartening to know they can still be activated! It was lovely to see so many smiling faces and from a good cross section of our federation. Best wishes, Marjorie”

“Dear Margaret and Joanne, - My latest News Bulletin has just been delivered and once again it makes for a very enjoyable and informative read. The creativity of WI members is inspirational. Thank you for including my novel, The Pigwidgin, in the Good Reads item. I do hope that you enjoy it – it was something of an adventure to write! Best wishes, Maureen Haselhurst”

Puzzle

JUMBO wordsearch

All the words and phrases in the list are hidden in the grid. Words may be read forwards, backwards, up, down or diagonally.

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

- ANGELS
- ANTLERS
- BANNER
- BATTERIES
- BAUBLES
- BEADED KICKS
- BELLS
- BERRIES
- BOWS
- BUNTING
- CANDLES
- CANDY CANES
- CARDS
- CONFETTI
- CRACKERS
- CRIB
- DISCO BALL
- FAIRY LIGHTS
- FAKE SNOW
- FIR TREE
- GARLANDS
- GINGERBREAD HOUSE
- GUTTER
- GUTTER HOOKS
- HOLLY
- ICE SCULPTURE
- IVY
- LAMETTA
- LANTERNS
- LIGHTBOX
- LOGS
- MANTELPIECE
- MISTLETOE
- NEEDLES
- NORDIC
- NORWEGIAN SPRUCE
- ORNAMENTS
- PINECONES
- POINSETTIAS
- POM-POMS
- POTPOURRI
- PRESENTS
- REINDEER
- RIBBONS
- ROBINS
- SACK
- SANTA CLAUS FIGURE
- SNOW GLOBES
- SNOWFLAKES
- SNOWMEN
- SPARKLE
- SPRIGS
- STARS
- STENCILS
- STICKERS
- STOCKINGS
- SWAGS
- SWITCH-ON
- TABLE RUNNER
- TANGIERINES
- TASSELS
- TINSEL
- TISSUE PAPER
- TREE SKIRT
- TREE TOPPER
- TWIG TREE
- WARM WHITE
- WINDOW GELS
- WREATH

Once again, thank you for reading and sending your great photos and stories in. I hope you have a good fortnight and take care of yourselves.

The next bulletin will be around the 9th December and will be a special Christmas edition that will be distributed by email or hand to every single member.

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