

Hello Everyone,

I hope you are safe and well, the sunshine has lifted your spirits and that you've had the chance to enjoy a little of the better weather we have been having.

I am happy to be able to say that I've had my second vaccine- I was lucky enough to be called in at very short notice for my first one because the local hub had some "leftovers" at the end of their shift and rather than waste them they called in whoever they could find who was available to come. Obviously, I wasn't going to say no, this was at the end of December and a few days later the decision was made to administer second jabs within 12 weeks. In all the discussions about the vaccine, however long I might have waited for it, it never occurred to me that I would refuse to have it. As a child of the 50's I can remember being immunised against lots of things- benefitting from the then new NHS and the steps forward in medicine and science. Consequently, things like Scarlet Fever, Polio, Diphtheria are almost unheard of these days. As I went through school, I had BCG against TB and Rubella vaccinations. All the research and testing that these previous vaccines were subjected to mean that when Covid came along the scientists, pharmacists and chemists had a body of knowledge to work with alongside all the available technology that processed testing and procedures made the developing of a Covid vaccine so much quicker.

So, I stand in awe of the scientists, pharmacists. Chemists and all those accredited experts who were involved in developing the vaccines available to us.



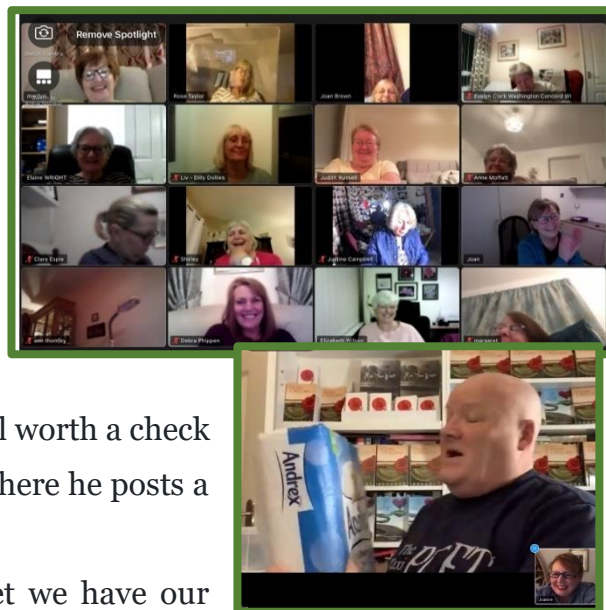
I am always grateful for the NHS and especially now to the Nurses, administrators and volunteers who are providing the vaccination rollout. In my experience and hearing from many others their experience of the vaccine has been very positive, well organised and pleasant. I know we have members working on the rollout working long shifts so I thank them and also remember all our other key worker members, the teachers, the shop assistants, the civil servants and everyone else working so hard to keep us going. I will definitely taking part in the mass thank you, on Thursday March 26th at 8pm

We have been in lockdown for most of a year, everybody's experience has been different but we all "keep on keeping on" and doing our best, we will meet soon. Last Monday we were offered a

little bit of light at the end of the tunnel and even though the roadmap out of lockdown comes with many "not before's" and caveats we can at least hope for some get togethers from June onwards.

The Federation has taken part in a variety of events this past fortnight. We had two zoom meetings for committee members which were well attended, a nice chat during a “coffee with the chairman” session – which wasn’t too well attended but it was a glorious day and I can see why people would be outside in the spring sunshine rather than logging into zoom.

The high spot of the week was the “Taxi Driver Poet’s” talk for the Federation on zoom. This was very well attended and thoroughly enjoyed by the participants. It was funny, entertaining and a great spirit lifter. There are lots of smiles from ladies on the picture opposite. Joanne was given some of James books and we thought it would be nice idea to have them in the office for anyone to read, borrow and reflect. James’ website is at <https://www.taxidriverpoet.com/> and well worth a check out. If you like poetry who should follow his Facebook page where he posts a poem every day.



Craft Meetings Don’t forget we have our virtual craft meeting this Saturday March 6th 10.30 am Easter/Spring crafts, we will be making Easter baskets, decorating eggs, note boards amongst other things. Join in for the chat even if you’re not into craft- it might inspire you! Then on Thursday 25th March we have a Flower Demonstration by Susan Elsdon talking about seasonal flowers. Not to be missed, log in codes for craft and flowers to be found on the events page.



Join us for your Spring Council Meeting - Saturday 10th April

Support your Federation!

Spring Council is coming up on 10th April and you can attend from the comfort of home. The meeting will last about 1 ½ hours and during this time you will get reports from the Board of Trustees, a secretary’s report, results of our lockdown photo competition and an interesting speaker: Barbara Lawson Reay, who wrote the books pictured will talk with illustrations, about the man and some of the women who formed the first WI - on Anglesey. Some of them had very varied lives - manning soup kitchens one day and literally attending balls at Buckingham Palace the next! She will refer briefly to Adelaide Hoodless & Madge Watt, this will give you an insight into the WI was formed, especially for our new members who have joined us in lockdown and there has been quite a few. This fits in beautifully with International Women’s Day



aswell. 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 asap – these are going quick!!



INTERNATIONAL WOMEN'S DAY – March 8th

Celebrated every year on March 8th, International Women's Day has been celebrated since 1911, four years before the development of the WI.

Purple, green and white are the colours of International Women's Day. Purple signifies justice and dignity. Green symbolizes hope. White represents purity, albeit a controversial concept. The colours originated from the Women's Social and Political Union (WSPU) in the UK in 1908.

The Theme for this year is “Choose to Challenge”

International Women's Day has a number of missions to help forge a gender equal world. Celebrating women's achievements and increasing visibility, whilst calling out inequality is key.

The Missions of International Women's Day.

- ✚ To celebrate digital advancement and champion the women forging innovation through technology.
- ✚ To celebrate women athletes and applaud when equality is achieved in pay, sponsorship and visibility.
- ✚ To assist women to be in a position of power to make informed decisions about their health.
- ✚ To forge inclusive work cultures where women's careers thrive and achievements are celebrated.
- ✚ To celebrate the work of women creatives and elevate visibility for commercial projects and commissions.
- ✚ To shine a spotlight on activity encouraging and uplifting women to pursue goals without bias or barriers.

Although it has existed since 1911 International Women's Day was re-energised in 2001 when it was thought that complacency about women's issues did not lead to improvement. The world has witnessed a significant change and attitudinal shift in both women's and society's thoughts about women's equality and emancipation. Many from a younger generation may feel that 'all the battles have been won for women' while many feminists from the 1970's know only too well the longevity and ingrained complexity of patriarchy. With more women in the boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality. The unfortunate fact is that women are still not paid equally to that of their male counterparts, women still are not present in equal numbers in business or politics, and globally women's education, health and the violence against them is worse than that of men.

However, great improvements have been made. We do have female astronauts and prime ministers, school girls are welcomed into university, women can work and have a family, women have real choices. And so, each year the world inspires women and celebrates their achievements. IWD is an official holiday in many countries including Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam and Zambia. The tradition sees men honouring their mothers, wives, girlfriends, colleagues, etc with flowers and small gifts. In some countries IWD has the equivalent status of Mother's Day where children give small presents to their mothers and grandmothers.

A global web of rich and diverse local activity connects women from all around the world ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatrical performances, fashion parades and more. Many global corporations actively support IWD by running their own events and campaigns. For example, on March 8 search engine and media giant Google often changes its **Google Doodle** on its global search pages to honour IWD. Year on year IWD is certainly a powerful moment increasing in status.

So, make a difference, think globally and act locally!

Make everyday International Women's Day.

Do your bit to ensure that the future for girls is bright, equal, safe and rewarding.

National Correspondence – Public Affairs

Resolution Shortlist – the results are

2021 resolutions		Selections
1	A call to increase awareness of the subtle signs of ovarian cancer	30,240
2	Stop women dying prematurely from coronary heart disease	16,285
3	Racism and discrimination	5,363
4	Now's the time to act! Protect your nature space to create wildlife-friendly communities	7,808
5	Stop the destruction of peat bogs to tackle climate change	6,616
Total selections received		66,312

This year there were 66,312 selections cast. We know this has been a more difficult year due to the challenges surrounding the Coronavirus pandemic and multiple lockdowns, so thank you for supporting your WIs throughout this process. The NFWI Board of Trustees has decided to put forward the top resolution to the Annual Meeting in June.

The wording of the resolution is as follows:

A call to increase awareness of the subtle signs of ovarian cancer

Wording: *Every two hours in the UK someone dies of ovarian cancer. Making sure GPs and the public know what to look for will not only ensure the early detection and treatment of this disease, but transform lives today and for generations to come. NFWI calls on WI members everywhere to help increase awareness of the subtle signs of ovarian cancer.*



What happens next?

Members now have the opportunity to learn more about the issues, and to discuss the resolution in their WIs before deciding how they wish to vote after the Annual Meeting. All WIs get one vote– for or against the resolution. This means that WIs will have April and May to hold virtual meetings to discuss the Annual Meeting resolution and decide how they wish to vote. The voting will take place via an online form (with an alternative available where this is not feasible). More guidance on how WIs can cast their vote online will be circulated in due course. **The deadline for WIs to cast their vote is 9th July 2021.** Information can be found on my WI; <https://mywi.thewi.org.uk/public-affairs-and-campaigns/resolutions-selection-results> this has also been sent to your own WI's but if anyone needs a copy please email Joanne.



Two gorgeous cake recipes this week, both incorporate some fresh fruit so they could be considered in your five a day!

Rhubarb and ginger upside-down cake

- ◆ 30g butter, melted
 - ◆ 1 tbsp caster sugar
 - ◆ 400g rhubarb
 - ◆ 2 tbsp stem ginger syrup from the jar
 - ◆ 1 tbsp ground almonds
 - ◆ 3 large eggs
 - ◆ 200g plain flour
 - ◆ 100g ground almonds
 - ◆ 1 tsp baking powder
 - ◆ 2 tsp ground ginger
 - ◆ 150ml buttermilk
 - ◆ 100g stem ginger, finely diced, plus 2 tbsp ginger syrup from the jar
- For the cake*
- ◆ 150g soft salted butter
 - ◆ 150g golden caster sugar



- 1** Preheat the oven to 180°C, fan 160°C, gas 4. Grease and line the base and sides of a 20cm fixed-base cake tin with baking paper. Brush the base with the melted butter and sprinkle over the tablespoon of sugar.
 - 2** Trace round the cake tin on another piece of baking paper, then trim your sticks of rhubarb so they fit within the outline of the circle – try to choose the straightest pieces of rhubarb you can. Brush the trimmed sticks of rhubarb with the stem ginger syrup and arrange in the base of the tin with the rounded side of the rhubarb sticks facing down. Any rhubarb trimmings can be cooked with sugar to make a compote for another dish. Sprinkle over the tablespoon of ground almonds to absorb the juices during cooking.
 - 3** Beat together the soft butter and sugar until pale and creamy. Add the eggs, one at a time, beating well after each addition. Fold through the flour, ground almonds, baking powder and ground ginger. Finally, stir through the buttermilk and diced stem ginger. Pour into the cake tin and level the top. Bake for 50-55 minutes, or until a skewer inserted into the centre of the cake comes out clean.
 - 4** Remove from the oven and leave to cool in the tin for 5 minutes, then turn out onto a plate or board. While still warm, brush the top with the extra ginger syrup.
- 527cals; 28g fat (13g sat fat); 10g protein; 2g fibre; 57g carbs; 36g total sugars; 0.7g salt ■

Scandi apple squares

- ◆ 175g unsalted butter, plus extra to grease
- ◆ 75g ground almonds
- ◆ 200g self-raising flour
- ◆ 1 tsp baking powder
- ◆ 2 tsp ground cinnamon
- ◆ 3 Bramley apples (about 450g)
- ◆ juice of 1 lemon
- ◆ 175g caster sugar, plus an extra 1 tbsp
- ◆ 3 large eggs
- ◆ 2 tbsp clear honey, warmed



- 1** Preheat the oven to 180°C, fan 160°C, gas 4. Grease and line a 20cm square baking tin with baking paper. Melt the 175g butter and set aside to cool.
- 2** Tip the ground almonds into a large mixing bowl, breaking up any lumps. Sift in the flour, baking powder, cinnamon and a pinch of salt.
- 3** Peel and core the apples. Cut two into 1-2cm dice and stir these into the flour mixture. Cut the other apple into thin slices and set aside in a bowl, tossed with the lemon juice to coat.
- 4** Whisk together the 175g sugar, the cooled melted butter and eggs. Add to the dry mixture and fold gently to combine. Pour into the prepared tin and arrange the apple slices over the top. Sprinkle over the extra 1 tablespoon of sugar and bake in the oven for 50-55 minutes, until risen and a skewer inserted into the centre comes out clean. Leave to cool in the tin for 10 minutes before transferring to a cooling rack. Brush generously with the warmed honey and leave to cool completely before cutting into squares.

Handy Healthy Hints

Following on from last times hints for looking after your own wellbeing we have this sheet to help you support the young people in our lives who are also going through very uncertain times.

Supporting Young People

The sudden change in children and teenager's routine, combined with the Covid-19 crisis will be unsettling, and younger ones might find it difficult to understand what's happening and why everyone is so worried. But there are lots of things we can do to look after children's mental health and wellbeing during this crisis.

Beat Corona Anxiety for Kids

- Create a routine and structure
- Keep them connected with friends
- Re-assure them they are safe
- Let them talk about their worries
- Teach them coping skills
- Limit their exposure to news

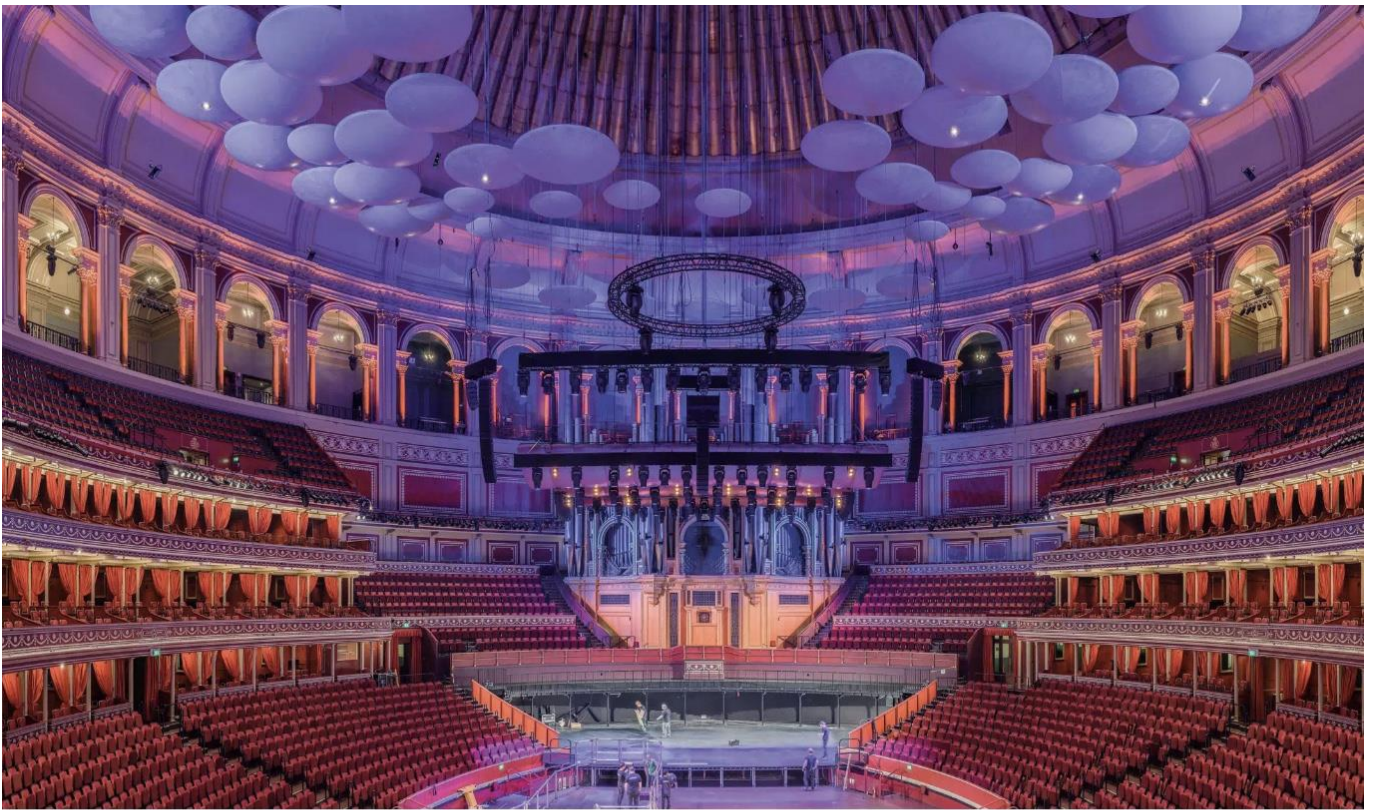


Be kind to yourself and stay flexible!! Juggling working from home and looking after children is challenging.

Talking to Children about Covid-19

- Children may not talk directly about Covid-19 but still check-in with them.
- Explain it's normal to feel scared or unsure.
- Be honest, speak calmly, use age appropriate language.
- Re-assure them that elderly family members are being looked after.
- Pay attention to individual worries, these may seem trivial to you, but may feel important to your child.
- You don't need to have all the answers, if you don't know you can find out together.
- Explain how they can help. For instance, good hygiene and social distancing, and how this can keep them and others stay safe.

Since the news of the roadmap out of lockdown broke last week it seems that this year's Annual Meeting won't be taking place at the Albert Hall. Our Federation had already sent apologies but if it changes to a virtual meeting, we will be able to be represented. I came across this article about the Albert Hall and it gives a great insight to its history.



A Fitting Monument

Michael Montagu looks back at 150 years of the Royal Albert Hall

Queen Victoria was meant to perform the ceremony, but was too overcome with emotion to carry out the duty. So, on 29 March 1871, Albert Edward, Prince of Wales, opened the Royal Albert Hall. Victoria's only known comment was that the building reminded her of the British constitution.

Her emotion was caused by the hall being a national memorial to her adored husband Albert, the Prince Consort, who had died aged just 42 in December 1861. The original name was to have been The Central Hall of Arts and Sciences, but when Victoria laid the foundation stone in 1867, she renamed it the Royal Albert Hall of Arts and Sciences. A crowd of 7,000 had gathered for the ceremony. The red Aberdeen granite stone she laid is now under seat 87, row 11 in the K section of the stalls.

The 1851 Great Exhibition, held in the Crystal Palace at Hyde Park was a huge success. It made a profit. Prince Albert, the organiser of the exhibition, decreed the money should be used to fund a group of public facilities in South

Kensington that would come to be known as Albertopolis.

These facilities eventually included the Victoria and Albert Museum, the Natural History and Science museums and the Royal College of Music. The Royal Commission for the Exhibition of 1851 initially bought Gore House, which was eventually demolished to accommodate the Royal Albert Hall, but so slow was the process that Albert died before his vision was realised. The commission then decided to build a memorial to the prince in Hyde Park, with a huge hall opposite.

The total cost of the hall was £200,000. Only £50,000 of this came from the Great Exhibition, £100,000 came from public subscription and £50,000 from the sale, on 999 year leases, of some seats and private boxes. For £100, you got a seat allowing you to attend nearly every event, on payment of an annual service charge.

Queen Victoria bought 20 seats, plus the Royal Box in the Grand Tier, still used by the royal family.

Those first owners were allowed to decorate their boxes, installing special fabrics, elaborate paint and plasterwork and large mirrors. Today, about 1,300

seats are still in private hands. Their owners have exclusive use for about 200 nights of the year.

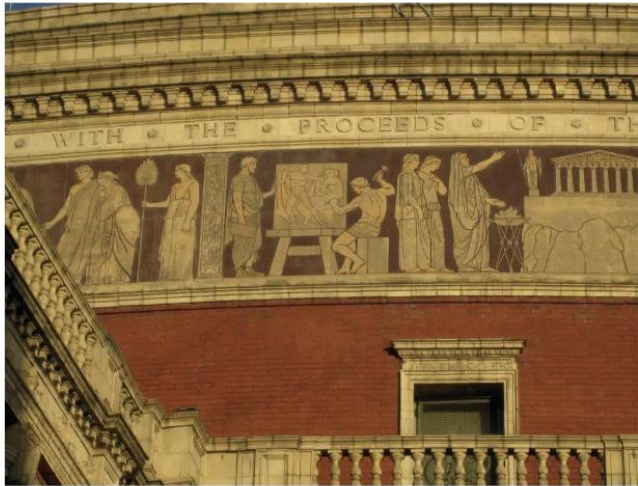
The hall was designed by Captain Francis Fowke and Major General Henry Scott of the Royal Engineers. Built by Lucas Brothers, the design was influenced by the amphitheatres of ancient Rome.

There was an added element of competition with one of our traditional foes. A great hall, the Cirque d'Hiver, opened in Paris in 1852. The new hall had to outdo it in scale.

Formed as an ellipse, its major external axis is over 270ft. The wrought iron and glass dome reaches up a neck craning 135ft. Originally designed to seat 8,000, present day safety rules limit this to 5,272, including those allowed to stand in the Gallery.

An 800ft mosaic frieze, showing the Triumph of the Arts and Sciences, encircles the building which was built of red bricks from Fareham in Hampshire. The hall was illuminated by gas, and the thousands of gas jets could be lit within 10 seconds.

Electricity was introduced in 1888.



Opposite: Inside the Royal Albert Hall, where the fibreglass “mushrooms” hanging down now soften the notorious echo that was a major problem for early concerts. Above left: An 800ft mosaic frieze, showing the Triumph of the Arts and Sciences, encircles the brick -built building. Right: Painters Joshua Reynolds, Thomas Gainsborough and William Hogarth (with his pug called Trump) are part of the decoration of the Albert Memorial and look across to the Royal Albert Hall from Kensington Gardens.

Not everyone approved. When a partial installation had been made one patron complained to *The Times* about the “very ghastly and unpleasant innovation.”

The great dome was a cause for concern. The iron frame was assembled in Manchester in a trial run. Despite this, there was a worry that it would collapse for want of support.

Just six volunteers remained in the building in case it should drop down into the body of the hall. It did drop – but only by five sixteenths of an inch.

The dome caused one problem, which became apparent during the first concert. Its huge scale created a very noticeable echo.

A canvas awning was placed under the dome but its only effect was to shelter patrons from the sun. The acoustics became something of a joke; the hall it was said, was the only place where a composer could be sure of hearing his music performed twice.

In 1949, fluted aluminium panels were installed, to try to put an end to the echo. They were only partially successful, but stayed in place until 1969 when the current glass fibre discs (the “mushrooms” or “flying saucers”) were installed.

During World War Two, the hall suffered some minor bomb damage but it's said that the Luftwaffe made a conscious decision not to target it because its distinctive outline made an excellent landmark.

The hall hosts many events. The graduation ceremonies of Imperial College London and the Royal College of Art are held there. The annual conference of the Institute of Directors has taken place there for 60 years. The

English National Ballet has had an annual season there since 1998.

It is the home to a champions' tennis tournament and the Classic Brit Awards, while for many decades it has been home to the Royal British Legion's Festival of Remembrance, held on the Saturday before the annual service of Remembrance at the Cenotaph.

“ The dome's huge scale created a noticeable echo that was finally resolved in 1969. ”

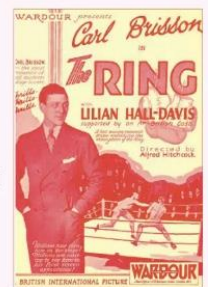
Perhaps the event most associated with the hall is The Proms, originally the Henry Wood Promenade Concerts, which were founded in 1895 and are now associated with the BBC. This eight-week season of between 70 and 100 concerts and other events was moved here in 1942, after its original venue, The Queen's Hall, was destroyed during an air raid.

The name promenade comes from the way in which some of those attending musical concerts held in pleasure gardens in the 18th and 19th centuries would walk about during parts of the performances. Now, “Prommers” are usually those who choose to stand in the area of the stalls where the seats are removed for the duration of the season. They are generally regarded as the most die-hard fans, and make a collection to buy a gift for the soloist who sings Rule Britannia on the Last Night of the Proms. The season has been described as: “The world's largest and most democratic musical festival.”

Since 1996, a programme of development and renovation has kept the Royal Albert Hall in good shape for the celebration of its 150th birthday, and will ensure its good health for many years to come. 🇬🇧

FROM WINE TO FILM

Alfred Hitchcock was a regular patron. He used the hall for two of his films. *The Ring* (1927) was filmed there and the Royal Box has a starring role alongside James Stewart and Doris Day in 1955's *The Man Who Knew Too Much*.



The hall takes 43,000 sq ft of carpet, all of it woven specially, with borders that follow the curves of the building.

In August 1874, The Wine Society was founded at the hall after a stash of Portuguese wine was found in the old cellars. Lunches were held to publicise the find. Major General Scott, one of the hall's designers, suggested a company be set up to trade in wine.

Below the floor of the arena are water tanks holding up to 8,000 gallons, to be used for any performances that require the arena to be flooded.

In May 1877, Richard Wagner conducted the first half of each of eight concerts in The Great Wagner Festival. Then Hans Richter took over while Wagner kept an eye on the proceedings from an armchair at the side of the stage.

Federation Dates for your Diary



Date & Time	Event	ID/ Password
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 Saturday 26 th June 2pm	Walk –Herrington Park – depending on latest government guidelines	
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 – Many thanks to all the WI's who are opening their events to the Federation, there are quite a few to choose from now. Its lovely to see members taking part together within WI meetings



- Sisters of Shields once again have invited us to join them to their talk by **Sheila Graber, author and illustrator** is joining us by Zoom this Wednesday 3rd March at 7.30pm. For Zoom codes please message Sisters of Shields WI Facebook page

- 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

- Washington Station invites you to their regular monthly zoom meeting on Tuesday 16 March at 7pm Edible Easter Novelties with **Margaret Carter**. If you would like to join this meeting email Elaine Wright their President for the zoom codes elaine.wright22@yahoo.com.

Bowes Belles' next meeting will be held online via Zoom on Tuesday 9th March at 7pm, and our speaker is **Faith Powell** who will give a hilarious insight from the contestant's point of view of the high points, low points and what goes wrong behind the camera on TV quiz shows. Having been on 12 quiz shows and won 6, Faith will tell us about the fab and naff prizes from well-known quiz shows such as Going for Gold, Wipeout, Weakest Link, The Chase and Ready Steady Cook. If you're a member of a WI in the Tyne & Wear South Federation and would like to join us on the 9th March, please email bowesbelleswi@gmail.com for joining instructions.

Bowes Belles also have a **Murder Mystery** on Friday 19th March at 7pm for a fun evening of "Who dunnit?" Be entertained as our talented actors (!) lead you through their witness statements before being allocated to a Zoom Room to solve the crime with your fellow detectives (means you can talk without others listening in). Join us as an individual detective or in teams of 4 or less. Please notify them no later than Monday 15th March if you are joining as a team & team member names so Zoom Rooms can be allocated in advance.

Dilly Dollies would like to remind everyone that this Thursday they have an interesting speaker to entertain. - **BUTLINS HOLIDAY CAMPS**, the rise and fall of an empire. Stephen Wells went from being a Butlin Redcoat to being Entertainment Executive responsible for putting on the biggest names in Show Business. This is a great talk fully illustrated and with lots of great stories about the stars, including Cliff Richard, Des O'Connor, Jimmy Tarbuck, Ringo Starr, Dave Allen, Tommy Trinder and many more. Please email fionawilson@rocketmail.com

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

Other events/groups you may be interested in getting involved with



Wants to support as many people as we can, and would urge you to get in touch if you Currently suffering from: Mental or physical health issue, Disability, Additional learning need or Autism. You must be aged 18 or over, eligible to work in the UK and currently living in Tyne & Wear. We provide one-to-one

bespoke support to help people move closer to the job market. The service is completely voluntary, it's FREE and won't impact on any benefits your clients receive If you'd like to refer someone to us, please complete our online referral form using the link below. If you would like to learn more you can visit our website www.motw.org.uk, call us on 0191 217 3206 or email enquiries@motw.org.uk

Climate Change Scarf For all you knitters out there you might want to join Margaret Hanlon of Orlestone WI in the East Kent Federation to knit a temperature change scarf. They can each be knitted by one person or several, some WIs have passed them between members every week or month. It will be important that the same colour range is used for the same temperature range in every scarf, although it wouldn't matter if the variety of shades within the colour range differ. The scarf could be knitted or crocheted, of course. You could start on 1st April and continue until 31st March 2022. Please get in touch with Margaret on 07748 006249 or hanlon1@btinternet.com



International Women's Day

Chair Dance Workout

Monday 8th March @ 2pm in Zoomland



Prince's Trust "Change A girls Life" Campaign

Zoomiverse Meeting ID: 313 006 8528. Passcode: 017697

Please workout with me and support The Prince's Trust #ChangeAGirlsLife campaign.

A link to the Just Giving page is attached in the workout info above & on WI Wanderers Events Page.

DRESS CODE - WEAR SOMETHING PINK

Optional equipment - Floaty scarf, 2 wooden spoons, sponge scourer.

Join Karen Tann to celebrate International Women's Day on Monday 8th March for a chair Dance Workout. Wear Pink, Women from all over the country will be joining her from the safety of their chair and own homes. Many young women and girls face barriers to fulfilling their potential. In these times young women have been hit particularly hard: 78% of those who lost jobs at the start of the pandemic were women and two-thirds were aged 18 to 34. The need to support young women has never been greater. Donations welcome for attending this class

<https://www.justgiving.com/fundraising/Karen-Tann1>

Mother's Day is around the corner - why not do something special and a bit different - **Mother's Day Musical Afternoon Tea!** After a challenging and difficult year, it is time for a treat! Either for yourself or your mum to remind her exactly how special she is! That is why, this Mother's Day the Choirmaster want to do something a little different as many of you won't be able to spend time and celebrate with your Mum's in the usual way. As many of you know, their founder Adam Allinson has performed and played the piano for Afternoon Tea at The Savoy, The Ritz, Harrod's, Claridge's, The Dorchester and even on Queen Mary 2. Adam will be on Zoom for 2 hours from 2pm-4pm performing your requests live on the piano, telling some tales and stories as well as talking you through the wonders of afternoon tea! The only things you need to bring are your favourite hot beverages (Adam's is Yorkshire Tea!) and your sandwiches, scones and cakes! This is only £5.00 per household. Adam will be online from 2pm-4pm and you will receive the Zoom details in plenty of time. <https://www.ticketsource.co.uk/themusicaltheatre.../t-pdrnmn>. Alternatively you can book by calling 0191 243 86 55.



Why not watch a new **West End musical theatre production, *Treason***, based on the gunpowder plot which we are showcasing in an online West End live-streamed concert in March. ***Treason* aims to do for British history what *Hamilton* did for American history, with explosive music & captivating storytelling.** Their approach is

unique as Guy Fawkes is a very minor figure (non-speaking role) that sets the show apart from other stories where he has become a cult figure and scapegoat. It's the untold story of the other plotters involved and the backstory of how this event came to happen. The production is on the 12th - 14th March and the group are really excited to be telling this tale of British history to the public in a new way with the emphasis on the other plotters involved and to be bringing life back to London's West End in this difficult time. WI members would be very interested in this story as one of the key elements of our story is the women who are often left out and the key parts that they play. Book on the link:-

<https://treasonthemusical.com/book-tickets.php#book>



Denman At Home. <https://www.denman.org.uk/calendar/> - courses are still going strong, here's what's coming up this weekend

March 5, 2021

- all-day ● Online Course : Tracing Your Family Tree for Beginners with Jessica – 3 Part Course
- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Daytime)
- all-day ● Online Course : Make a Little Rabbit with Claire

March 6, 2021

- all-day ● Online Course : Tracing Your Family Tree for Beginners with Jessica – 3 Part Course
- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Daytime)
- all-day ● Online Course : Card Making Using Washi Tape With Liz (Saturday)
- all-day ● Online Course : Decoupage a Wooden Trinket Box with Janine (Saturday)
- all-day ● Online Course : Freehand Machine Embroidery with Stacey – Flemish Florals (Saturday)

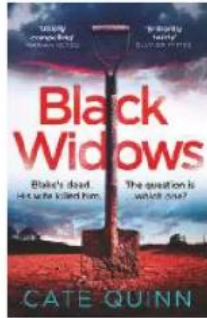


Read and Rhyme – I have just binge read the whole Anne Cleeves Shetland series and thoroughly enjoyed them all I now can't wait to visit the Shetlands

Black Widows

by Cate Quinn (£12.99, HB, Orion)

Each of three polygamous wives has excellent reasons for bashing their husband to death with an axe. Set in the Utah desert, it's a riveting murder plot and a delicate analysis of the relationship between 'sister' wives. A great achievement.



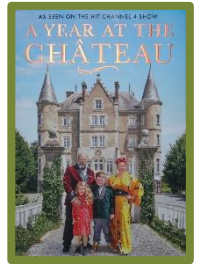
The Vineyard at Painted Moon

by Susan Mallery (£7.99, PB, Harper Collins)

Mackenzie Dienes works as an elite winemaker. Only problem is, her position is with the family winery – and her marriage is over. Can she continue to work there?



After reading the last bulletin Liz Matthews wondered if any members watched Escape to the Chateau on tv. She highly recommends their book A year at the Chateau for Christmas which follows Dick and Angel Strawbridge renovating their Chateau in France. She does have a spare copy if anyone would like to borrow it.



Postbag Just the one letter this week



Hi Margaret and Joanne - Many thanks for the fabulous Bulletin, definitely plenty of zoom meetings to get involved with, I loved your article on Random Acts of Kindness, my sister has lived in Denver for over 25 years, so I have sent her a copy of the Bulletin I am sure she will be delighted to read it. A great job Margaret and Joanne you are both amazing. - Judith Committee Member Fulwell Xx

Carry on sending your letters/comments in, we love to read them. If you have an idea or an article, we could include in the bulletin please let us know, or perhaps you think we could do something better, please let us know it's your news bulletin.

Following the article last week about random acts of kindness there are lots of ways we can show kindness, when in doubt do the friendliest thing!

7 ways to... BE KIND

Captain Tom Moore
was knighted for his
fundraising efforts

Being nice to other people doesn't only improve their happiness – it can help you significantly, too

Doing a good deed improves your wellbeing. How? Because it can boost serotonin – that's the neurotransmitter responsible for feelings of happiness and of emotional stability.

Being kind also enables you to cope better in general, as it helps to reduce stressful emotions. Plus, offering an act of generosity creates the same feelings as receiving one. The body naturally releases the love hormone, oxytocin, which helps us to form social bonds.

By supporting others, we invite in often much-needed support for ourselves – even if we weren't expecting it – as warm-heartedness is usually returned in some way. Here are ideas for some simple acts of kindness to share with others...



3 Share your garden

Nature induces happiness in us all. Plant some cuttings in pots or cut a bunch of your favourite flowers from your garden to leave on a friend's doorstep.

1 Write a letter

Put pen to paper to share your news with a friend or loved one who lives far away or alone. Reading this traditional medium will relax their mind – like reading a book – and enable them to feel close to you, despite the distance.

2 Send a gift

Online gift services are a great way of making someone smile if you are unable to see them for a while. If you feel creative, perhaps you can make the gift yourself. A study in journal *Science* has shown that spending money on someone promotes happiness and may be more powerful than spending it on yourself.

4 Support a cause

We've all been touched by Captain Sir Tom Moore, the 100-year-old war veteran who raised £33 million for NHS charities. Improving someone else's life makes us feel good. Loving Humanity is a Wiltshire-based organisation that helps to restore dignity to women in war zones, slums and refugee camps by distributing free sanitary towels. For more information, go to lovinghumanity.org.uk.

5 Donate food

If you're unable to donate physical food products to a food bank, you can support the Co-op's partnership with FareShare, which provides food for the vulnerable. Donations can be made at the till or by texting 'FOOD' to 70450, which will automatically donate £10 to FareShare.

6 Bake for a neighbour

Sharing food has been an act of kindness for millennia, so if you're baking, why not make extra for your neighbour? A loaf of bread, sponge cake or even extras from a main meal will show that you are thinking of them.

7 Entertain!

Music unites us, so if you can play an instrument or if you love to sing, you can share this gift with others by performing outside a care home or hospice, or even outside your neighbour's house.

Well, the Spring seems to have arrived and even if you can't go out anywhere just yet you can start preparing for your hanging baskets. Why not send us your pictures in to share with others?

5 STEPS FOR show-stopping hanging baskets

FOLLOW MARK'S SIMPLE STAGES TO
CREATE PERFECT HANGING BASKETS FOR
FULL BLOOMS ALL SUMMER LONG.

1 Location, location, location

Where do you want your basket to hang? Firstly, make sure hooks are fixed securely. Keep away from strong winds and avoid the rainy side of the house, gaining as much sun as possible. Also choose materials well. Metal, wooden or plastic frame? Half or full circle design? Would you like removable slots for positioning plants? Also consider whether you want self-watering or a basket with a water reservoir.

2 Stronger lining, healthier plants

Line basket with sphagnum moss or ready-made liners, fill with peat-free multi-purpose compost and water-retentive granules. Cut holes, push plants through and clip them in. If you like to grow your plants from seed, then cut up some capillary matting. Place a pot saucer in the bottom to stop water leaking.

3 More colour, more character

The aim is to create a beautiful ball of colour, texture and scent. Fashions come and go but fuchsia, pelargonium, petunia, calibrachoa and trailing plants such as lobelia, dichondra and helichrysum always work. Succulents like echeveria, dischidia and sedum add a modern twist. Put upright plants in the middle and cascading plants outside.

4 Sizing is key

Use small plug plants or 9cm potted plants. Gently flatten and spread the root ball so more plants can be added. Fill the basket up to 3cm from the rim. You might need to grow it on for a few weeks in a greenhouse, porch or cold frame until all signs of frost have passed.

5 The small details

Add climbers on the outskirts for growing up chains. Water once a day, either early morning or late evening. If you don't have a rotating device, spin the basket regularly by hand so all sides have time facing the sunshine. After six weeks, start weekly liquid feeds of tomato or seaweed and remove dead flowers.



Show-stopping centre flowers can be used to create structure and impact in the basket, which is particularly important in cooler weather when other companions may fail to flower.



FERTILISE
ONCE A WEEK
TO ENSURE
SUFFICIENT
FEEDING.

The removal of all the basket's first flowers, as well as pinching shoot tips, will enable plants to put all efforts into growing stronger roots, leading to multiple flowers throughout the long season. ■



February is still “Show the Love” month when we explore all things green and consider how we can better care for our planet. Here are a few more ideas to help you along



Don't dump the pump!

It's no surprise we're using more hand wash than ever before, but while many plastic soap containers can be recycled, the pumps that come with them can't.

Handwash brand Carex is selling pumpless bottles to encourage consumers to reuse their existing pumps. Each one can be used more than 10,000 times – that's about a year's worth! The brand has also introduced a new eco-friendly refill pouch for topping up your existing bottles – using up to 85 per cent less plastic. More than five million pumps have been saved from landfill so far.

■ Carex 500ml refill pouches from £1.50. Available in most supermarkets



Easy ways to live a little greener and help the planet



Yours team
TESTED

One less trip to landfill

Until recently, tablet blister packets weren't recyclable. Now recycling innovator TerraCycle has launched 'Little Packs, Big Impact'. This new programme allows you to drop empty prescription and over-the-counter medicine blister packets* into dedicated bins at participating pharmacies and Superdrug stores nationwide, to be converted into reusable raw materials.

■ To find your nearest drop-off point, visit terracycle.com

*Return unopened, unused and out-of-date medicines to pharmacies for disposal



If you make one simple swap...

If your duvets and pillows have seen better days give the environment a helping hand by switching to Snug – the eco-friendly bedding brand. Not only are its products filled using 100 per cent recycled fibres, but they are also packaged sustainably – so you can rest assured that your bedding is that bit kinder to the planet.

■ Buy at snug-bedding.co.uk from £13

■ Do you have a brilliant green initiative in your area you'd like to tell us about? Write to Yours at the address on p3 marking your envelope 'Go Green'

PLANET-FRIENDLY FRYING

Sizzle sausages and flip pancakes the eco-friendly way with the Earthpan. Made from 100 per cent recycled aluminium, it uses 50 per cent fewer CO2 emissions in its manufacture than an average pan, and the handle is made from recycled plastic bags! Non-stick and oven-friendly up to 150°C, it can also be fully recycled at the end of its useful life!

■ lakeland.co.uk, rrp £49.99





SUBSCRIBE AND SAVE THE PLANET!

Treepoints rewards users for offsetting their carbon footprint through a monthly subscription fee which is used to fund UN certified projects. As well as being able to visually track their carbon footprint, users accumulate exclusive discounts and 'Treepoints' that can be spent on eco-friendly brands such as Mindful Chef and Lush Cosmetics.

■ Subscription fees start from £6 a month. Visit <https://treepoints.green> or download the app via the App Store or Google Play





Show the love month ties in great with SOSWI's  RECYCLE new sub group. The group is two weeks old with 43 members. It's a sub group to RECYCLE  their 'pre loved stuff' to each other ~ OFFER items and save from landfill if possible.

Wanted requests are also accepted. Current Covid restrictions with 'charity shops' and the 'recycling village' shop closed ~ prompted Lorraine with the idea during lockdown. A few furniture items, fabric, cushion stuffing, plant pots, a garden chess game are some of the items that have been 'gifted' to date. Maybe other WI's may like to set up a similar group. If you do Lorraine Thompson from SOS is more than happy to get you started. Let's all Spring Clean and Declutter as we go!

Puzzles

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

A STELLAR IDEA

Look to the skies to see these Latin names of the constellations

BOOTES	EQUULEUS
CAELUM	INDUS
CARINA	LIBRA
CASSIOPEIA	MENSA
CEPHEUS	MUSCA
CETUS	NORMA
CRATER	OCTANS
CRUX	ORION
CYGNUS	PAVO
DRACO	PEGASUS

Answers from the Quiz last week

1. Which was the first metal to be discovered? Gold,
2. By what name is Ben Collins better known? The Stig
3. What period of time is equivalent to 31,557,600 seconds? 3.1y ear
4. Who invented the hypodermic syringe? Alexander Wood
5. Which is the heaviest internal human organ and its approximate weight? The liver1.2-1.5kg
6. Agrimony is the study of what? Crops and soil
7. Which fruit is called 'earthberry' in German? Strawberry
8. What does it mean if a cell is haploid? It has a single set of chromosomes
9. What is carragheen? Seaweed
10. How many hearts does an earthworm have? Ten,
11. Which acid makes rhubarb leaves poisonous? Oxalic Acid
12. How is the plant lactuca sativa better known? Lettuce
13. Which plant has the largest leaves? Giant water lily,
14. The Amur River forms much of the border between which two countries? China & Russia
15. Which two main metals are found in Atacama Desert in Chile? Silver,
16. What is being constructed in the Atacama Desert at the moment? World's largest telescope
17. Who was the first woman to captain a space shuttle crew? Eileen Collins,
18. What was the Christian name of frozen food man Mr. Birdseye? Clarence
19. How many countries do the Andes pass through? Seven
20. The sun is constantly burning up its energy. The equivalent energy of how many mars bars does it consume in one second? d)400billion, billion?

Wow, what an action-packed bulletin and I was worried this week might be a bit sparse, please try to get involved with as many talks and events and support each other. We can now see an end to this lockdown and hopefully instead of meeting virtually we will be able to say a big thank in person to each other very soon.

Take care

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