



News Bulletin 26

Hello Everyone,

I sincerely hope you are safe and well and coping with our new situation. You may be a little perplexed to get another news bulletin so soon but we are playing catch up since Joanne's holidays and trying to



time things so we can give you a special Christmas Edition.

Joanne is working from home again but you can still contact her on the normal office number or email address. Her office has been slightly upgraded from Perth Green's and she can keep an eye on the chickens in the garden at the same time.

Thank you to the 17 members who joined us for our virtual craft morning last Saturday I hoped you all enjoyed it and will think about joining us again.

Coming up soon is the Federation Quiz on 19th November, please zoom in to take part

| | | |
|---|-----------------|---|
| Thursday 19 th November 7pm | Federation Quiz | 847 6143 8080 questions – all lower case |
|---|-----------------|---|

I've had a pretty busy week since the new lockdown started, one of my grandsons was sent home from school on the first day of lockdown because the group had to go into isolation, so I have been home schooling since then. I have learned such a lot, I'm better at my nine times table and I know how to write a non-chronological report!

I am starting to think about Christmas and I have got to the list making stage but I can't imagine actually doing any Christmas shopping at this stage.



I was delighted to see that so many of our WI's were able to participate in Remembrance Day events and commemorations despite current regulations. Chilton Moor WI were still able to place their wreath although there was no parade. Bowes Belles contributed knitted poppies to a display at a local community centre and Herrington WI decorated their WI gate at St Chads church in commemoration. Please send us any other photos of the events your WI was involved in.



News from National

As I mentioned last week you will soon be getting the information about the proposed resolutions for next year, the new list is wide ranging and is listed below.

- **A call to increase awareness of the subtle signs of ovarian cancer**
- **Now's the time to Act! Protect your nature space to create wildlife-friendly communities**
- **Racism and Discrimination**
- **Stop women dying prematurely from coronary heart disease (CHD)**
- **Stop the destruction of peat bogs to tackle climate change**

Remember that you will be asked to vote for your preferred option later this year. If you want further information about the topics there will be information on the My WI website <https://mywi.thewi.org.uk/public-affairs-and-campaigns/resolutions-202021> and there will also be information in the next issue of WI Life. There are some briefing notes, a presentation and a short quiz about each proposed resolution.

'Count me in Survey'

Can I also please remind you to complete the 'Count Me In' Survey ? You can do it online via My WI website or complete the paper copy in the WI Life Magazine. It will only take a few minutes of your time.



Denman At Home.
www.denman.org.uk/.

We know that lots of you have been participating in Denman at home courses, can you share photos of what you have created as a result of doing your course or send us a few lines in summary of what the course was all about? **Here's a sample of the courses available for the coming week.**

November 12, 2020

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part Course (Daytime)
- all-day ● Online Course : Papercut-Along with Christine
- all-day ● Online Course : Peter's Talk on Royalty in London (Daytime)
- all-day ● Online Course : Vegetarian Cook-Along with Alex – Chestnut No-Meatballs in a Rich Tomato Sauce with Polenta

November 13, 2020

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part Course (Daytime)
- all-day ● Online Course : Richard's Ukulele Sing-Along 8
- all-day ● Online Course : Simon's Talk on Tales of the Great War (Morning)
- all-day ● Online Course : Stitched Advent Calendars with Claire

November 14, 2020

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part Course (Daytime)
- all-day ● Online Course : Freehand Machine Embroidery with Stacey – The Basics
- all-day ● Online Course : Make a Christmas Eve Mouse with Claire
- all-day ● Online Course : Pat's Strip Patchwork Quilt – Demo with Q&A

November 15, 2020

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part Course (Daytime)

November 16, 2020

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part Course (Daytime)
- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part Course (Evening)
- all-day ● Online Course : Bake-Along with Alison – Torta De Santiago and Chocolate Christmas Bombe

November 17, 2020

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part Course (Daytime)
- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part Course (Evening)
- all-day ● Online Course : Applique Poinsettia Napkins by Hand or Machine Stitch with Stacey
- all-day ● Online Course : Preserves Demonstration and Q&A with Lindy – Confit and Rillettes of Duck
- all-day ● Online Course : Simon's Talk on The Cenotaph, The Unknown Warrior and Rituals of Remembrance (Evening)
- all-day ● Online Course : Simon's World War 1 Course Part 6 of 8 – 1917 – Learning in Action
- all-day ● Online Course : Tilo's Total Travel Immersion – Oman: Dhows, Turtles and the High Seas

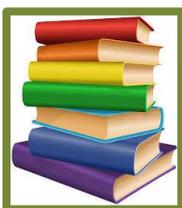


Dates for your Diary –

| Date and Time | Event | Meeting ID and Password |
|--|---|---|
| Thursday 19 th Nov 7pm | Federation Quiz | 847 6143 8080 questions – all lower case |
| Tuesday 15 th December 7pm | The Joys or Otherwise of the Festive Season | 851 5446 7700 488 313 |
| Thursday 28 th January 2021 7pm | Cookery Demonstration (Vegetarian for Life) | 867 91811224 vegetarian |
| Thurs 25 th Feb 2021 7pm | Bakery Demo – Artisan Bread | TBC |
| Thursday 25 th March 2021 7pm | Flower Arranging | TBC |

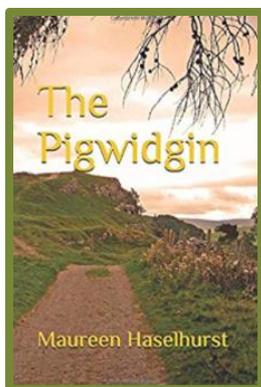
CRAFT DEMONSTRATIONS

| | | |
|---|---------------------------------|---|
| 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 wrapping |
| 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 2021 10.30am | Faux Enamelling | 870 5685 9801 enamel |
| Sat June 5 th 2021 | Paper Roses | 841 2831 2909 paperroses |



Read and Rhyme –

As you know I really enjoy my reading and I especially enjoy any fiction set in the North East so I have devoured the D.C. Ryan books by L.J. Ross and the Shipyard Girls series.

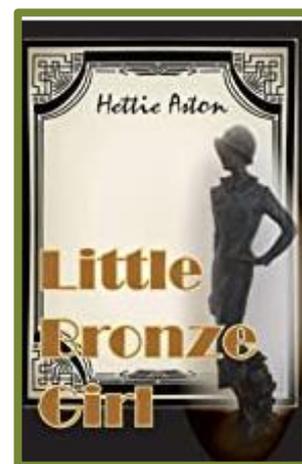


I was delighted to hear last week that one of our members from Rowlands Gill WI has had a novel published since the first lockdown started. Maureen Haselhurst has written “The Pigwidgin” set in a bleak northern moorland. It tells a mysterious story of young people facing up to a superstitious and judgemental society. Their strong friendship carries them through a perilous journey through the darkness of Hollows Level. An evocative story that explores the depths of friendship. I downloaded my copy from Amazon and I am enjoying the mystery. Well done Maureen I hope the book is very successful.

Another author Hettie Aston was born and bred in the North East, trained as a nurse at Newcastle's RVI and became a midwife and health visitor in the Durham area. She is a new author who has written and published 2 books this year. “Threads of Steel” is set in the North East during the Great Depression. It was a difficult time for a 15-year-old girl and her 3 younger siblings to be bereft and alone. This engaging story takes the reader into the northern countryside, to an iron and steel town, and quilting with the Durham miners’ wives.

Hettie's latest book ‘Little Bronze Girl’ tells Bettina's story during the rapidly changing times of the 1930s in North East England as she grows in confidence and ability, adapting and creating opportunities which utilise her latent talents.

We have so much talent in our area.



Poignant read

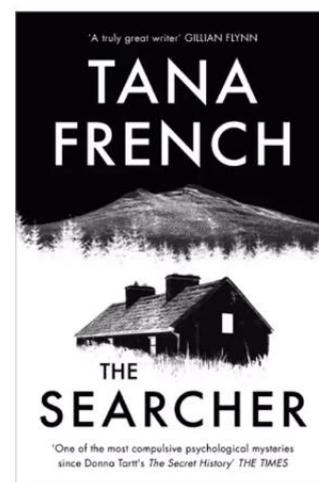
CONTACTS by Mark Watson

From the sleeper train to Edinburgh, James sends a text to everyone in his phone telling them he’s going to end his life – then turns on flight mode. Across the globe, his friends and family try desperately to get in touch to show him how much he means to them. This is a touching, uplifting story – and a reminder to tell loved ones how you feel!

Lyrical writing

THE SEARCHER by Tana French

This brooding slow-burner of a thriller is set in a small town in rural Ireland, where a local teenager has gone missing. When retired cop Cal Hooper arrives in town, he’s roped in to take on the unresolved case by the boy’s younger brother, but soon finds that there are some ugly truths being hidden by the tight-knit community.



What have you been upto this week?

We held our first virtual craft session on Saturday, which was a great success after much planning and practising with the camera. Margaret did exceptionally well and made some excellent edible Christmas Novelties. The filming was very precise and clear, everyone could hear and see everything Margaret was doing and saying. We had a few members join us who were using zoom for the first time – well done to you. It was a real success so please join us for the next one which is Christmas Wrapping with a Twist.



Get ready for the December Craft by having to hand

Christmas Wrapping Paper, Scissors, Double Sided Tape, Sticky Tape, Glue Stick, Assortment of ribbon and decorations.

Egg Update from Fells Angels WI



To date members from Fells Angels WI have donated a fantastic 118 eggs. The naked ones have had covers made and they have been bagged and labelled by a small army of volunteers. They are ready to be given to the Food Bank in time for

Christmas. Fells Angels WI would like to thank everyone who has been involved in this Christmas appeal.

This week Sisters of Shields WI had a very entertaining zoom session with the history wardrobe, who gave them an insight to a Glamorous Festive 50's evening. Members really enjoyed the evening which was a debut performance of that topic by the History Wardrobe.



Marjorie Burland, Herrington WI sent in her cross-stitch picture which she started to beat in lockdown no 1. She bought in from South Africa 12 years ago and completed it eventually. We wonder how many years it will need to get on the wall?



Merry
Christmas

Christmas Corner



BOBBLE-TRIM SANTA SACKS

Upcycle an old pillowcase for this fun idea.

YOU WILL NEED:

- * Housewife pillowcase
- * Seam ripper
- * Matching sewing thread
- * Pins
- * Bobble trim
- * Ribbon
- * Festive stencil
- * Chalk paint
- * Stencil paintbrush

1 Begin by turning a housewife pillowcase inside out. Open up a side hem by about 4cm from the top. Fold both raw edges back in on themselves and stitch in place.

2 To create a drawstring channel, fold down the top of the pillowcase all the

way around, pin in place and stitch all around. Turn right sides out.

3 Pin the bobble trim around the top, with the braid on the top of the channel, bobbles facing upwards. Sew in place, then fold down the channel to hide the braid and allow the bobbles to dangle below.

4 Thread a ribbon through the channel – or do as we did and make a braid from fabric from another pillowcase with a bobble sewn at each end.

5 Finally, stencil on festive snowflake patterns using white chalk paint.

PRETTY PAPER CONES

Pop stocking fillers and sweets in these decorative paper cones and hang up ready to be ripped open.

YOU WILL NEED:

- * Wrapping paper
- * Washi tape or double-sided tape
- * String or twine
- * Festive sticker

1 Cut out a square of paper – ours measured about 20cm. With the pattern side of the paper showing outermost, curl and shape into a cone, making sure the pointed end has no gaps and the outer edge of the paper finishes at the back.

2 Stick in place with either decorative tape or double-sided tape for neatness. Before adding the gifts, fold down the top corner to enclose the gap, then fold back and put the gifts inside.

3 Place a length of string or decorative twine inside across the top, securing in place with tape. Fold the top down and keep in place with a festive sticker. Finally, hang up, knotting and tying off the string at the desired length.



MIX AND MATCH
Patterned paper for an extra-festive display.

You can also join the next craft demo and get more ideas on different ways to wrap presents

WHAT'S COOKING?

Cranberries have become a staple at Christmas but other than keeping the Turkey company that else can you use them for? Here are two recipes, one sweet and one savoury, to make the most of these berries which are full of nutrients and taste good too!



CRANBERRY CRUMBLE BARS
Makes 12

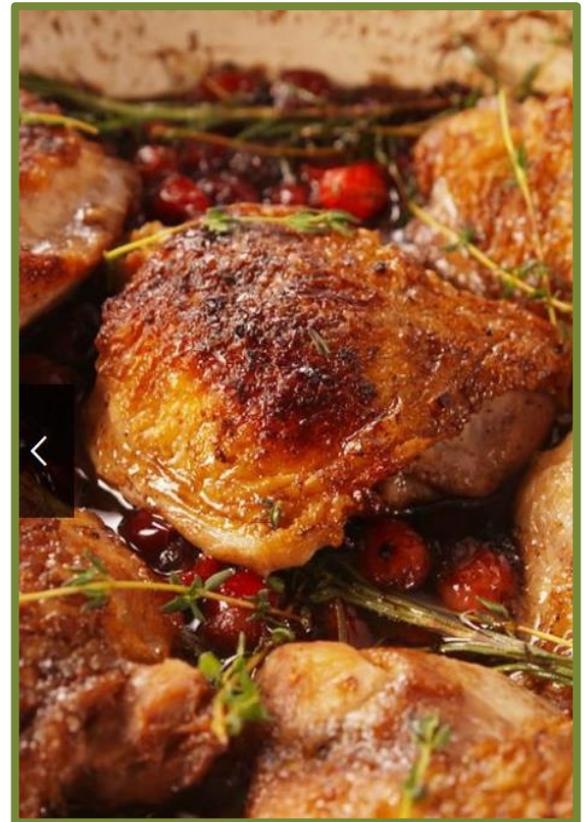
80g sugar
1 tsp baking powder
½ tsp salt
455g flour
220g cold butter, cubed
1 egg, beaten
Zest and juice of 1 orange
3 tbsp cornflour
300g leftover cranberry sauce

1 Preheat the oven to 180°C/160°C fan/gas mark 4 and butter a baking pan.
2 Whizz the sugar, baking powder, salt and flour in a food processor until combined.
3 Add the butter, egg and orange zest and pulse until the mixture comes together as a dough. Divide the dough in half and press half into the bottom of the pan.
4 Stir together the cornflour, cranberry sauce and orange juice until well combined.
5 Spoon the cranberry mixture evenly over the crust and crumble the remaining dough over the top.
6 Bake for 35-40 minutes until the crust is lightly browned. Cool completely before cutting into squares.

Per Serving 345kcal, 15.7g fat (9.6g saturated), 47g carbs, 15.3g sugars, 4.7g protein, 1.4g fibre, 0.21g sodium

PRODUCTIONS LOCATION: KITCHEN IN THE CASTLE COOKERY SCHOOL, HOWTH CASTLE, DUBLIN 13



Cranberry Balsamic Chicken

INGREDIENTS

- 1 tbsp. olive oil
- 1 lb. skin-on, bone-in chicken thighs
- 2 tbsp. butter
- ½ c. fresh cranberries
- ⅓ c. balsamic vinegar
- 2 cloves garlic, minced
- 6 sprigs rosemary
- 2 tsp. thyme leaves
- 1 tbsp. brown sugar
- Zest of 1 orange

DIRECTIONS

- 1** | Preheat oven to 325°. In a large ovenproof skillet over medium high heat, heat olive oil. Add chicken skin side-down and cook until the skin is golden and crispy, about 4 minutes. Remove chicken from heat and place on plate, skin side-up.
- 2** | Melt butter in the same skillet then add cranberries, vinegar, garlic, brown sugar, and orange zest. Return chicken to skillet and scatter herbs all around. Simmer until the liquid begins to thicken and the cranberries start to soften, 5 to 10 minutes.
- 3** | Transfer to oven and cook until the chicken thighs are cooked through, 18 to 25 minutes more.
- 4** | Serve warm.

If you're trying to moderate your drinking or always being the designated driver why not try some mock tails. These look good to me!



Pineapple & ginger punch

SERVES 6-8 PREP 5 mins
EASY V

750ml pineapple juice
1 lime, juiced
small bunch of mint, woody stalks removed

ice
750ml ginger beer
To garnish
6-8 mint sprigs
6-8 whole star anise (optional)

1 Pour the pineapple juice and lime juice into a blender. Add the mint and a couple of handfuls of ice, then blitz until the ice is crushed. Pour into tumblers filled with more ice, then top up with the ginger beer.
2 Garnish each glass with mint and star anise.

GOOD TO KNOW vegan • low fat • gluten free
PER SERVING (8) 75 kcals • fat none • saturates none • carbs 18g • sugars 17g • fibre none • protein 0.4g • salt 0.1g



Cranberry spritz

SERVES 2 PREP 5 mins
EASY V

100ml cranberry juice
1/2 orange, juiced
6 sage leaves
around 4 ice cubes
80ml sparkling white grape juice

1 Pour 50ml cranberry juice into two champagne coupes or wine glasses. Divide the orange juice between them, then stir.
2 Add 3 sage leaves and an ice cube or two to each glass, then top up with the sparkling grape juice.

GOOD TO KNOW vegan • low fat • gluten free
PER SERVING 55 kcals • fat none • saturates none • carbs 13g • sugars 13g • fibre 0.1g • protein 0.4g • salt 0.01g



Clementine mock mojito

SERVES 1 PREP 5 mins
EASY V

1 clementine
1/2 tsp demerara sugar
1 lemon wedge, chopped

ice
small handful of mint, woody stalks removed
a few drops of orange blossom water
sparkling water, to top up

Juice half the clementine and chop the other half into small pieces. Pour the juice into a glass and stir in the sugar. Tip in the chopped clementine and lemon, then crush using a muddler. Add a handful of ice, the mint and orange blossom. Top up slowly with sparkling water.

GOOD TO KNOW vegan • low fat • vit c • gluten free
PER SERVING 39 kcals • fat none • saturates none • carbs 8g • sugars 8g • fibre 1g • protein 1g • salt 0.02g



Booze-free Irish cream liqueur

SERVES 4-6 PREP 5 mins
EASY V

150ml double cream
50ml evaporated milk
2 tbsp maple syrup
25ml freshly brewed espresso

pinch of ground cinnamon
1 tsp vanilla extract
pinch of finely grated orange zest
ice

1 Put all the ingredients in a large cocktail shaker or jug with a generous handful of ice.
2 If using a shaker, shake well until the outside feels cold, then double strain into tumblers. If using a jug, stir well until combined. Serve poured over ice.

GOOD TO KNOW gluten free
PER SERVING (6) 158 kcals • fat 14g • saturates 9g • carbs 6g • sugars 5g • fibre none • protein 1g • salt 0.05g



Kindness Day falls this week and over the last months we have seen incredible acts of kindness across our society. Most of us are looking to be kind to the people around us, family, friends and strangers but sometimes we can get to the point that as a vessel of kindness we can feel we are running on empty. Sometimes we have to step back to be kind to ourselves. We are entering another period of difficulty, lockdown then the run up to Christmas. Do whatever you can but don't beat yourself if things aren't what you would normally do or aspire to. Be kind to yourself because you're as important as the people around you.

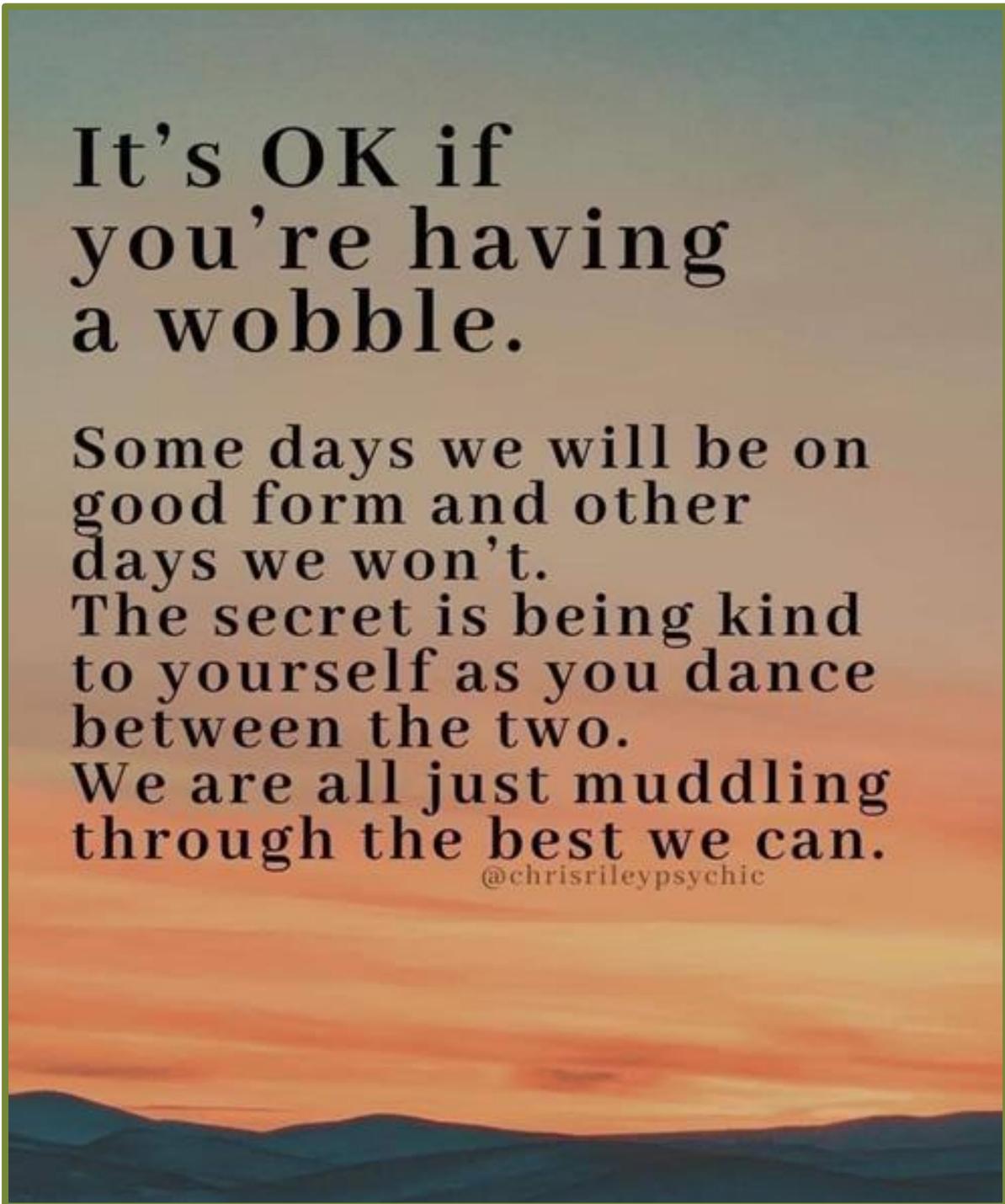
**It's OK if
you're having
a wobble.**

**Some days we will be on
good form and other
days we won't.**

**The secret is being kind
to yourself as you dance
between the two.**

**We are all just muddling
through the best we can.**

@chrisrileypsychic

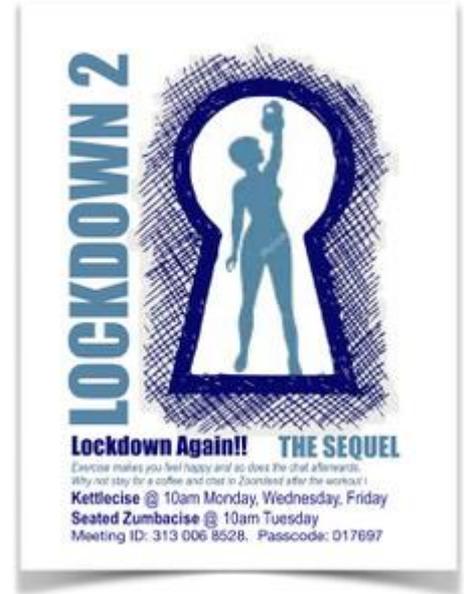




Lockdown Kettlecisers

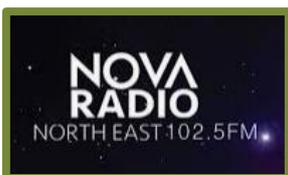
Karen Tann has contacted us again to remind you that she is continuing her Zoom workouts for the foreseeable future. As lockdown 2 gets underway we will all need things to keep us active and sane and there's nothing better than a bit of exercise to improve your mood. The classes are available to all - WI ladies and friends have been joining Karen for workouts and coffee from all over the country, she says it has been lovely and she feels as if she has made of new friends despite lockdown. Karen

works out every day at 10,00am except Thursday, Seated Zumbacise on Tuesday and a workout with a weight on the other days, but use your imagination, no special equipment required. No need to be shy, it's all in the privacy of your own home working at your own level, no one can see you if you need to pop the loo or take a break. The links are posted every week in WI Wanderers and Whickham Village Belles Facebook pages If you enjoy the workouts, she suggests a voluntary payment of £5 which covers all four workouts in a week or four in a month if that's all you fancy. <https://www.paypal.me/lockdownkettlecisers>



Vote for your Favourite Park –

We have never been so grateful for open spaces as we are now. I think we have all realised how important green open spaces are at this time. Why not recognise and reward the hard work of managers, staff and volunteers who keep these spaces open, clean and tidy. You have until 25 November to register your vote www.greenflagaward.org. The winner will be announced 3 December 2020. This is Green Flag Award® scheme which recognises and rewards well managed parks and green spaces, setting the benchmark standard for the management of recreational outdoor spaces across the United Kingdom and around the world.



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.

Puzzles

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

SOUND THE ALARM

You'll feel a bit safer once these security words have been properly installed.

| | |
|-----------|--------------|
| BATTERY | PANIC BUTTON |
| BURGLAR | POLICE |
| CODE | POWER |
| EMERGENCY | PRESSURE PAD |
| ESCAPE | REMOTE |
| FLASH | SAFETY |
| INFRARED | SENSOR |
| KEYPAD | SERVICE |
| NOISY | SIREN |
| PANEL | WIRELESS |

Well that's all folks for a fortnight now.

We have had a couple of people expressing interest in becoming a WI advisor and a Board member, which we are delighted about. If you would like to commit a little bit more to the WI in any form please give us a ring to discuss - don't be frightened its very rewarding and an excellent way to develop yourself. We currently have an Events and Opportunities Committee, a Membership and Public Affairs Committee and our Board. We are always looking for new faces and fresh ideas to expand our Federation. Why not give it a go?

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

Office number and email 0191 5845814 twsfwi@btconnect.com

Margaret Carter 0191 4165269, 07718 231984 macarter1@hotmail.co.uk



<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