



Hello Everyone,

I hope you and your family are safe and well and that you have been able to get some benefit from the glorious weather we have been having. I know that for many for us the slight easing of lockdown will not make a huge difference at this stage, we all need to stay alert and continue being careful not to contract or pass on the virus. This week we would have been attending the AGM in London and last week I was able to give you the news that next year's Annual Meeting will be held at the Albert Hall. This week we got this information from NFWI;

'The NFWI Board of Trustees has decided that in these exceptional circumstances, the results of the shortlist selection process will be used as a proxy for the Annual Meeting vote.

In the shortlisting selection stage, the two resolutions (stem cells and modern slavery) attracted a clear majority of selections from members (over 70%).

The Board felt that this was the most democratic means available to determine the outcome of this year's resolution process taking into account time and resource constraints and the challenges of the current lockdown period. The Board also wanted to recognise the huge amounts of time and effort that members, WIs and Federations put into the resolutions process this year.

This means that the two resolutions have now been adopted by the WI, and members are free to campaign on these issues. The resolutions are as follows:

A call to increase potential stem cell donor registration

There is an urgent need to increase the number of people registered on the aligned UK stem cell registry in order to provide potentially life-saving treatment to people of all ages with certain blood cancers. We call on all WI members to promote registration to the database to avoid people dying whilst waiting for a match.





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End Modern Slavery

There are tens of thousands of victims of modern slavery hiding in plain sight in the UK. Modern slavery has severe consequences for the health and mental wellbeing of survivors. The NFWI calls on Government to protect victims of modern slavery in the first instance and deliver longer term support to help them rebuild their lives. We call on our members to raise awareness of the prevalence of modern slavery throughout society and to campaign to defeat it.



The Public Affairs Department will be producing a range of educational and discussion materials over the coming weeks and months to allow members to consider the issues in more depth. Given the ongoing restrictions on meetings and campaigning activity, the NFWI will not be producing campaigns materials to our usual timetable, but will instead first focus ways that members can learn more about the issues raised by the resolutions, with full campaign packs to follow later.

Resolutions 2020/21

You will all have seen the NFWI update about the 2021 Annual Meeting taking place in the Royal Albert Hall on 19th April. The Public Affairs Department is currently working out how this will impact the resolution process. This means the full resolution timetable will not be confirmed in time for the July mailing. The resolution submission stage, however, will take place as normal during the summer with the submission deadline Friday 11th September.'



Did you know that 1st – 7th June is **Volunteer Week** and it's a good time to think about this. We are surrounded by people who are volunteers but don't necessarily label themselves as such. Lots of us do things for others because we can and because we enjoy it. All our Trustees, all our Presidents, and Committee members are volunteers and give lots of their time, efforts and expertise and I would like to publicly thank them for all they do for the membership. Time is a precious commodity and anyone who gives us their time is giving us something special. So thank you all Board of Trustees members, all Presidents and all Committee members who keep our Federation running.



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Sadly, we received the news that one of our long serving members died on 25th May, Dorothy Graham, member for 40 years of Rowlands Gill WI she will be sorely missed by her WI and the Federation. She was always very active in Rowlands Gill, knitting gardening, walking, a book club member. A dear friend to all she will be greatly missed. R.I.P. Dorothy.



What have you been upto this week?

How are you keeping busy, I have made about 300 cards to try and use up some of my craft stash, I have been 'playing' with my die cutting machine using equipment I've bought and not got round to using. For the first time in a long time I got out my sewing machine and after two hours I still couldn't get it to do a decent line of stitching. Everything seems to be ok; I followed every word in the manual and made sure it was threaded properly etc. I came to the conclusion that it needs a mechanic/sewing machine specialist so if anyone can recommend someone, I would be very grateful.

I know lots of you have joined the WI Wanderers on facebook and are taking the opportunity to participate in events across the country so much is now available to us online.

Members across the Federation have been busy keeping in contact with each other, Jarrow WI had a curry night last Friday and whether homemade or bought the curries looked delicious.



Sister of Shields WI are arranging a Zoom meeting for their regular meeting and they will be doing Tai Chi sessions and some origami. They have also challenged all their members to make a piece of bunting for their WI this is on beautiful example made by Jane Mary Robertson. Every day Fells Angels are publishing puzzles, quizzes and riddles on Facebook for their members. It is lovely to see how creative WI's are being in order to make sure their members are not missing out.

Teresa Rowell has been putting a few of her favourite flowers in a small vase in her bathroom. This is the time of year for Sweet Peas to flourish, and she was given these beautiful ones as a gift. She says the aroma is gorgeous and to forget shop bought air fresheners, these are certainly the best she has ever had.





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Marjorie Burland, from Herrington WI, is keeping fit and no doubt very pleased she can get back on the golf course now. She took this photo of the lovely rhododendrons at Chester – Le - Street Golf Course. We hope your ball isn't among them Marjorie ! Why not send us some pictures of the flowers you are perhaps growing in your garden – the sunshine will have brought them on a treat.



Herrington WI was 93 years old today but unfortunately, they have had to cancel their afternoon tea at Crook Hall – I am sure there will be doubled celebrations when normality resumes.



Stout Cake - It seems that many people are having a go at baking during this strange time and so it thought that a baking recipe would be a good idea this week. Although this is an old recipe it's my favourite cake recipe, the first time I made this I couldn't wait for it to cool before cutting it. It is meant to be a 'cut and come again cake' but I often use it as a base for gateaux coated with ganache, it's also gorgeous without any decoration on. It has quite a strong flavour which makes it popular with men – even those who pretend they don't have a sweet tooth! It should keep in a cake tin but I've managed to keep it very long. Freezes well.

Ingredients

4oz Butter or margarine

8oz Granulated sugar

2 Large Eggs

10z cocoa

1can (9.68 Fl oz) stout

8oz plain flour

1 level Tsp. for Bicarbonate of soda

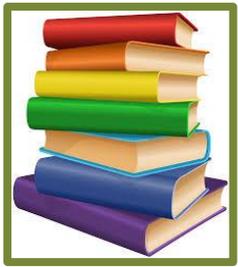




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Method

1. Cream fat then add sugar and beat well.
2. Add the eggs one at a time and beat well.
3. Blend the cocoa and a little stout to a smooth paste in a basin, then stir in rest of stout.
4. Sift flour and Bicarb together, then mix alternatively with the stout liquid into the creamed mixture – During the mixing it takes on a curdled appearance which lessens as more flour is added.
5. Pour the mixture into 2 x 8inch greased and lined sandwich tins.
6. Bake at Gas 4/350F/180C until firm and springy.
7. Turn cool and sandwich with chocolate butter cream or ganasche or leave plain.



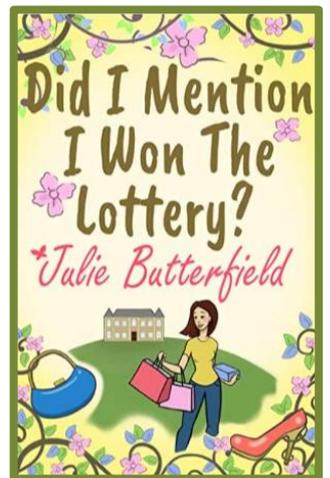
Read and Rhyme

A couple of light hearted quirky books this week.

Did I mention I won the Lottery? Julie Butterfield.

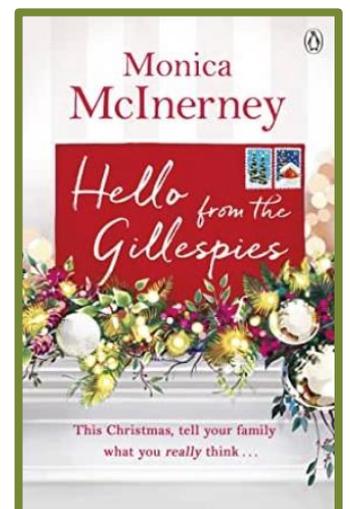
Most of us have at sometime allowed ourselves a pipe dream of what we could do if we won the lottery. Most of the people

I talk to usually talk about all the good things they could do and who they could help. This book takes that fantasy a bit further, the heroine wins the lottery and doesn't tell anyone and the book explores how it gives her a freedom she has never had before. I really enjoyed this book.



Hello from the Gillespies – Monica McInerney.

On the face of it this is a Christmas book but it doesn't have to be Christmas to read it. The run up to Christmas is manic and often the woman of the house carries the burden of the preparation, the shopping, cooking, wrapping, writing Christmas cards etc and of course writing the round robin letter that updates everyone on the comings and goings of the family that gets sent to everyone. This lady of the house has had enough – she writes a long tirade about the truth of the family with all the shortcomings and disasters of the previous year, the letter is also peppered with opinions about friends and neighbours! Having given vent the plan is to delete it – she gets called away and someone in the family decides to help by sending it off without reading it. The results are funny, sad and illuminating. Read this for a story most of us can relate too!





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Two apt poems this week: simple but the meaning is very much there.



Volunteers...

Very important people!
Outstanding!
Love to be helpful!
Understand children!
Needed for many things!
Teachers value them!
Enjoy helping children!
Enthusiastic adults!
Ready at a moment's notice!
Special people!
Thank you!



BEING A VOLUNTEER

It's not for money, It's not for fame,
It's not for any personal gain.
It's just for love of fellow man.
It's just to lend a helping hand.

It's just to give a tith of self.
That's something you can't buy
with wealth.

It's not for medals won with pride.
It's for the feeling deep inside.

It's that reward down in your heart,
It's that feeling that you've been a part
Of helping others far and near
That makes you be a volunteer!



I have two apologies to make this week, on the Sunday radio show (2pm – 4pm) I mentioned some of our members were featured in this months 'Craft Beautiful' magazine and I incorrectly attributed them to Fells

Angels when in fact they were Bowes Belles members – my apologies I even had Bowes Belles written on my crib sheet ! Secondly Maureen Johnstone was attributed to the poem 'People need People' when in fact it was Maureen James who submitted it us. My apologies again.

This Sunday the theme for the radio programme is the Blaydon Races, and I am sure you know this is an athletics road race between Newcastle and Blaydon. The run is 5.9 miles and steeped in local tradition and starts off by singing the famous song 'The Blaydon Races'. Originally there were only around 250 entries but that now has increased to a maximum of 4,000. Why not tune in for the songs and history – you could be inspired to enter next year !!!



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Things to do this coming week?

Special Walking Netball Session – Thursday 4th June 2020. As you may have heard, our partnership with England Netball has continued to flourish and members are regularly attending a weekly virtual Walking Netball session, helping to maintain their fitness as well as practise simple ball techniques and foot work.

This week, we have decided to add a bit of flair to the virtual WI session. As many members would have been in London celebrating the WI Annual Meeting at the Royal Albert Hall, we thought we would bring a virtual sense of occasion



to this extra-special netball session.

- Get those vocal chords warmed up... we will be starting with a group sing-a-long to Jerusalem
- Why not dress up? Any style is welcomed! (although you still need to be able to take part in Walking Netball; trainers only)
- Wear a hat or flower in your hair, or a fascinator
- Bake a cake, netball themed perhaps?
- If the weather is good, why not take the occasion into the garden?
- Be ready for a WI themed scavenger hunt afterwards for an extra bit of fun!
- Stay online at the end for our usual 'cool down chat' and join us with a glass of something cold to celebrate the day

Please note that this session (nor any other virtual WN sessions) will be recorded or images/screenshots taken. As sessions are usually advertised on social media

As sessions are usually advertised on social media, members are asked to contact England Netball directly to receive the Zoom link to take part; this ensures that sessions are kept private and that no one outside of the WI is able to gain access. However, as this email has been sent directly to federations, the link and supporting information has been included below to allow you to cascade the information directly to WIs. Please kindly ask members to not share this link with anyone outside of the WI.

Topic: Extra-Special Virtual Walking Netball Session

Time: Jun 4, 2020 03:00 PM London

Join Zoom Meeting



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<https://us02web.zoom.us/j/86004046882?pwd=RWxjRolEbTNUZm41V1FVUW9KvkZaUT09>

Meeting ID: 860 0404 6882

Password: 518487

Please read the Top Tips below to ensure we have a great and fun session that we are all ready for. What you need: a bottle of water/drink, comfortable clothes (or dress up if you wish) and sensible footwear. Equipment required: a netball (if you have one) or any kind of ball – if not, then a pair of socks or cushion, a chair and 2 tins to use as arm weights. Before you start: we all love to say hi and give everyone a wave, but we will be muting microphones once the singing has finished and the session starts. Microphones will be unmuted at the end – this is done remotely but we have learnt it's not always possible depending on the type of technology you are using, so you may need to click on the unmute button yourself (red microphone with a red line across). Please hide your camera if you don't wish to be seen. You can use the chat option to communicate with Ruth and others – located at the bottom of the screen (speech bubble). If your connection disappears, just reconnect using the same link. We love seeing which WI everyone is from, so please do continue to write your WI name on a piece of paper and share it with us all at the start!

With reference to the **craft into prisons** initiative I'm still waiting to hear back from their co-ordinator.

Why not have a read of the **Public Affairs Digest No 48 - May/June**, it has some interesting articles, that give a good read. You will need to log into My WI and register to receive it.

https://mywi.thewi.org.uk/public-affairs-and-campaigns/public-affairs-digest?SQ_ACTION=login, it contains information on

- **[NFWI survey: How has the coronavirus impacted you?](#)**
- **[2019/2020 resolution results](#)**
- **[Equal Power: Free online training!](#)**
- **[Update on the Great Get Together](#)**
- **[New blog post: Domestic Abuse Bill](#)**
- **[The anniversary of the Equal Pay Act](#)**
- **[New resources for World Bee Day!](#)**
- **[The Plastic Pollution Bill and the Environment Bill](#)**
- **[Postcards of Kindness](#)**
- **[Campaigns Corner: World Bee Day](#)**



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Urgent - Request for help??

We have had a request for help from Crawcrook Medical Centre, Carol Gaston has contacted us and asked if we can help them with a supply of face masks, at the minute they have no masks for their staff who go out into the community, e.g. Midwives, nurses, health visitors, they would also like to give the patients they see a mask too. We would like to know if any of you ladies can help with this, Carol is willing to collect the masks herself and even drop off some material if you need it. If you can help please get in touch with Joanne and she can forward Carol numbers etc.

Lady Denman Cup

We have had a few entries for this prestigious WI competition. Why not have a go at writing your story – it can be made up or true!!

Schedule Using no more than 500 words, WI members are invited to submit a piece of writing, either comical, serious, fact or fiction, based on a conversation they have overheard, or imagined they had heard, on the bus. Entries can be submitted either via email or by hard copy. Entrants must submit 4 copies of their entry, typed if possible, on A4 paper to their Federation Secretary no later than Friday 18 September 2020. Any

2020 competition: "What I heard on the bus"



entries sent directly to the NFWI Unit without being approved by the federation, cannot be entered and will be returned to the entrant. Please check entry fee requirements directly with your federation office.

<https://mywi.thewi.org.uk/interests/culture-and-science/lady-denman-cup-competition>



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Last but not least it seems that everyone has fallen in love with Joanne's chickens, Scarlet and Marianne, whilst they are not laying eggs yet they are growing every day and becoming very spoilt. Fortunately the weather has been kind and Joanne is spending a lot of time outside so hence the chicks are becoming very free range !

Please send us your stories and pictures that can be shared with the Federation, we do enjoy seeing them.

Take very good care of yourselves.

Very best wishes

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

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For information and support on domestic abuse, contact:

- Police: 999 press 55 when prompted if you can't speak
- Refuge UK wide 24-hour helpline: 0808 2000 247

Any woman who needs to travel to find refuge from domestic violence can do so for free on any uk train as of yesterday. The cost of the ticket will be covered by the relevant rail operator.
Email railtorefuge@womensaid.org.uk.
Feel free to spread the word.