



Happy Easter!



Hello Everyone,

Happy Easter from myself and the Board of Trustees. I hope you are fit and well and are able to enjoy the Springtime and hopefully take advantage of the 'Rule of Six' that comes back into play this week.

Hopefully, the fact that many of us have already had at least one vaccination, some of us two and others expecting one very soon will make us more comfortable in taking the opportunity to meet with up to five other people, have a walk together, go to the park, have a picnic, or just sit in the garden with a cuppa for a catch up. Whatever any of us decide to do I am sure we will all appreciate the simplest of pleasures that we may have taken for granted in the past.

Don't forget the Spring Council on Saturday April 10, there are still some places available if you want to join us. Contact the office for joining details. There will be two speakers, the results of our Spring Photo Competition and an update on the organisation and running of the Federation.

As April is the start of the subscription year thank you to all of you who have already renewed your membership especially after such a difficult year, it feels like a vote of confidence in the WI and what it has given to you in the last fifteen months. Although we can't meet physically for a month or two yet, I know that lots of our WIs have planned great programmes for the coming year.

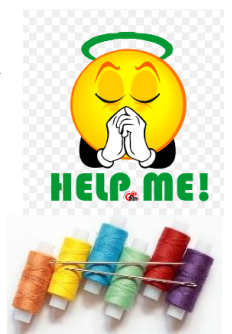
Some of the positive things we can take away from the pandemic is our development of more options for meeting formats. Perhaps when the weather is foul next January or February, we will be glad that we were forced to learn to zoom and don't have to go out in the cold and wet to access our WI events. The fact that zoom has no boundaries we have been able to enjoy talks and demonstrations from all over the country (all over the world in some cases) which in the past we couldn't access for cost reasons. I know that zoom has been a boon for some less mobile members who have been cheered to see the friendly faces on screen. Then of course we have members who have further developed their craft skills, baking, painting, language, and historical knowledge through the development of both Denman at Home and WI Wanderers – all from our own sofas!

I am especially proud of the way so many of our WIs have wholeheartedly thrown open their virtual doors to welcome members across the Federation allowing them to access their meetings at no cost to visitors. Similarly, the Federation has hosted events by zoom at no cost to attendees. This has meant that members of WIs which were unable to work on a virtual platform could still engage with and feel part of the WI. Obviously, these speakers and demonstrations need to be paid for, at the moment the Federation will continue with these events at no charge but understandably the WIs who have been running zoom events may well need to make a charge for attendance in future to meet running costs especially in light of the changed regulations around subscriptions. I do hope that if you can, you will continue to support these WIs in order to thank them for their previous hospitality.

Well, I'm ashamed to say that even after our lockdown periods I have cupboards that are still unsorted, walls still not painted and lots of craft projects not finished and I've learned that all the years I said I hadn't time to do certain things I was lying- because I still haven't done them! Which brings me to a message I received from Lois Benson, a member of Sisters of Shields WI and a primary school teacher in South Tyneside, and she writes:

"Hello Ladies - This is a cry for help and the WI was the first place I thought I would turn to. I have just taken over as Design Technology and Art lead for the school in which I teach. I am trying to introduce some new projects and one of those I am trialling is a textile project in year 3 in which we are going to mirror their science topic to produce a fabric representation of the human digestive system with applique and cross stitch techniques either as a cushion or a tabard. I haven't quite decided yet. As you may know school budgets are terribly tight these days and I am trying to save money where I can whilst also making sure the children get to see a balance of practical and theoretical learning. I am hoping the WI might come to my rescue. If anyone has any felt, needles and/or embroidery thread they might be willing to donate to my cause I would be supremely grateful as would my year 3 pals."

Now this is just the incentive I need to sort some craft stash, if you've been clearing cupboards and sorting out maybe you can help Lois? Let me know and I can arrange to pick up from across the Federation.



WHAT'S COOKING?

As it's Easter weekend coming up here's a nice selection of recipes, traditional Easter biscuits, a "gluten free" simnel cake and some roast lamb! What's not too like

One hour all-in-one lamb roast



TIP

Toss any extra potatoes with mayo and a sprinkling of chopped spring onions and seasoning to make a tasty roast potato salad.

You will need

- * 4 x 250g boneless lamb rumps/chumps – ask your butcher to remove most of the fat, leaving a thin layer
- * 4tsp Dijon mustard
- * 50g ciabatta breadcrumbs
- * 3tbsp olive oil
- * 3 sprigs rosemary, leaves finely chopped (plus 3 sprigs, leaves only)
- * zest ½ lemon
- * ½ tsp dried oregano
- * 750g new potatoes, halved
- * 400g shallots, peeled
- * 8 cloves garlic, lightly bashed to break the skin

To serve:

- * Minty peas (optional)
- * Red wine gravy (optional)

How to do it

- 1 Heat oven to 220C/Gas 7. Roll the lamb into a mini-joint shape and secure with cocktail sticks. In a hot frying pan, sear the meat all over until browned and transfer to a baking tray.
- 2 Brush the mustard over the fat. Mix together the breadcrumbs, 1tbsp oil, rosemary, lemon zest and oregano, and season. Press crumbs onto the mustardy surface and set aside.
- 3 Put the potatoes, shallots, garlic and rosemary leaves in a large roasting tin. Drizzle with the remaining oil, season and mix well, then arrange the lamb in the tin. Transfer to the oven for 20 mins (for medium) or 25 mins (well cooked). When cooked to your preference, remove from the tin, cover lamb with foil and rest for 10 mins while the potatoes finish cooking.
- 4 Carve lamb before serving with the roast potatoes, minted peas and a rich red wine gravy.

Gluten Free and Vegan Simnel Cake

Course: Sweet treat Makes: 1 cake Prep: 30 mins Cook: 1½ hrs

- 400 g (14 oz) marzipan
- Icing sugar, to dust and to decorate
- 175 g (6 oz) FREEE Self Raising White Flour
- 1 tsp FREEE Xanthan Gum
- 1 tsp mixed spice
- 1 eating apple
- 150 g (5½ oz) sugar
- 125 ml (4 fl oz) oil, plus extra for tin
- 300 g (10½ oz) mixed dried fruit
- 2 tsp apricot jam, warmed

- 1 Grease a 20 cm (8 in) round deep cake tin with oil, or insert a cake liner.
- 2 Take a quarter of the marzipan and divide it into 11 small pieces. Roll the small pieces into small balls.
- 3 Dust the work surface with a little icing sugar, take half of the remaining marzipan

and roll into a circle just larger than the cake tin. Place the tin on top of the marzipan circle and cut around the outside to make a perfect circle. Cover and set aside all the marzipan.

4 Pre-heat oven to 170 deg. C, 325 deg. F, Gas Mark 3.

5 Put the flour, xanthan gum and mixed spice into a bowl and stir to combine.

6 Peel the apple and grate into a large mixing bowl. Add the sugar, oil and 75 ml (2½ fl oz) water and beat well. Next, add the prepared flour to the bowl and beat well, then stir in the mixed dried fruit.

7 Transfer half the mixture into the prepared cake tin and smooth the top. Take the prepared marzipan circle and place it on the cake mixture. Put the remaining cake mixture on to the marzipan and smooth the surface.

8 Bake in the pre-heated oven for 1½–1¾ hours. Allow to cool in the tin for at least 30 minutes before turning out on to a wire rack to cool completely.

9 Warm the apricot jam and brush half over the top of the cold cake.

10 Roll the remaining marzipan into a circle just larger than the cake tin. Place the tin on top and cut a zig-zag pattern around the outside, then gently lift the marzipan on top of the apricot-brushed cake.

11 Brush the base of each prepared marzipan ball with jam and place them in a circle on the top of the cake. Place the cake under a hot grill for a few minutes to brown the marzipan lightly.

12 The cake stores well in an airtight tin.



Xanthan gum is made from a sugar created during the fermentation of grain, typically maize, with *Saccharomyces cerevisiae*. It gives a stronger crumb structure and reduced crumbling in gluten free baking. It is sold in larger supermarkets, health food

Goosnargh cakes

MAKES 25-30 

Originating from the Lancashire village of the same name, Goosnargh cakes are actually biscuits; a form of shortbread or 'shortcake' traditionally sold at Easter and Whitsun. Their characteristic flavour comes from caraway seeds, which were popular in the 16th and 17th centuries, and are also used in seed cake. Delightfully buttery and crumbly.

Hands-on time 20 mins

Total time 40 mins, plus chilling and cooling

110g soft **unsalted butter**

50g **caster sugar**, plus 25g extra to dredge

175g **plain flour**

1½ tsp **caraway seeds**

1 Cream the butter and 50g sugar together until fluffy, then work in the flour, 1 teaspoon of caraway seeds and a pinch of salt using a wooden spoon. Bring together as a dough with your hands, without adding any liquid.

2 Roll out to 5mm thick on a floured surface, then stamp out rounds with a 5cm diameter cutter (or use a tumbler dipped in flour). Arrange on greased baking trays and sprinkle with

the rest of the caraway seeds, patting them in lightly, and most of the remaining 25g caster sugar. Chill for at least an hour before baking, until firm.

3 Preheat the oven to 180°C, fan 160°C, gas 4. Bake the biscuits for 15-20 minutes until pale golden brown. Sprinkle with the rest of the caster sugar, then cool on the trays for 10 minutes or so to firm up, before transferring to wire racks.

■ 71cals; 4g fat (2g sat fat), 1g protein; 0g fibre; 8g carbs; 3g total sugars; trace salt

GET AHEAD The biscuits keep for up to 3 weeks in an airtight container.




It's the last chance to book a place for Spring Council coming up on 10th April 10.30am and you can attend from the comfort of home. The meeting will last about 2 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 2 interesting speakers. 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 –



Denman At Home. <https://www.denman.org.uk/calendar/> This is what Denman have organised for tomorrow why not start the Easter weekend doing something different


April 1, 2021

Thursday

all-day  Online Course : Italic Calligraphy for Beginners with Jane – 2 Part Course

all-day  Online Course : Gentle Mindful Yoga with Elaine – 6 Part (Daytime)

all-day  Online Course : Cook-Along with Alex – Chicken and Vegetable Green Thai Curry

all-day  Online Course : Liz's Talk 'My Life & Autism' – Parent, Carer, Warrior (Free Course)

all-day  Online Course : Peter's Talk – Lets All Go Down The Strand (Daytime)

Federation Dates for your Diary



Date & Time	Event	ID/ Password
April 10 th 2021 10.30am	Spring Council/Social Meeting – Annual Meeting. Meet the Board, hear the annual reports, competition and 2 interesting speakers	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
Saturday 26 th June 2pm	Walk –Herrington Park – depending on latest government guidelines	TBC
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
NEW Thursday 15 th July 2021 at 7pm	Below Deck - What really goes on behind the scenes on a cruise ship! Kevin Reay and Adam Allinson have both travelled the world working onboard numerous cruise ships! Find out the juicy tales of what really goes on below deck in this entertaining presentation! No topic is off limits!	Details to follow
CRAFT DEMONSTRATIONS		
Sat May 1 st 2021 10.30am	Faux Enamelling	870 5685 9801 enamel
Sat June 5 th 2021 10.30am	Paper Roses	841 2831 2909 paperroses
Sat 3 rd July 2021 10.30am	Rubber Stamping - first steps to make us all artists.	849 9638 7253 647173
Sat 4 th September 2021 10.30 am	Vases for nothing - up cycling to make pretty containers	889 2126 3196 418846
Sat 2 nd October 2021 10.30am	Modelling with lightweight air-dry clay	830 4198 8597 994216



Invites from WI's

Bowes Belles WI invite you to join them on Tuesday 13th April when their speaker, via Zoom, is Howard Middleton. Howard is a food writer and presenter from Sheffield, who first caught the public's attention on series four of The Great British Bake Off, going on to win their affection with his quirky style and love of unusual ingredients. Howard continues to entertain audiences as a public speaker, compere and broadcaster. Guests are welcome to join the evening for a donation of £2.00. Please email bowesbelleswi@gmail.com for joining instructions.

- Washington Concord WI – invite you to join them on Tuesday, 6th April at 2pm when David Allen will be giving his interesting and funny talk, Manners Please Dearest! Welcome to the extraordinary world of Victorian etiquette! Mind your step as David guides you through the minefield of strict rules and regulations of the Do's and Don'ts of the Victorian 'well to do'. You are all invited to attend a Victorian Finishing School for Young Ladies where you will discover the Do's and Don'ts of courtship, how to walk, sit, and talk, calling cards, dinner party etiquette, and the mysterious language of the fan. Great Fun! Please email our Secretary, Evelyn for details: nanclark2005@yahoo.co.uk. Please note David's talk commences at 2.20pm.
- Whickham village Belles have organised a murder mystery night on Friday 21st May, time to be confirmed. It will be run by a company called tall tales murder mystery. The night will consist of an actor led murder mystery with 3 actors playing 4 characters. The maximum they can have is 40 and we would like to open it up to friends and family. You have until 1st April to sign up then they will let everyone know how much it will be. Payments can then be made up until 15th April into WVB WI account. Please note, if friends and family sign up it will be up to the WI member to make the payment for friends and family. Price will be between £25 and £9 per person depending how many sign up. The more people signing up the cheaper the price will be - sounds like great fun! Message WVB Facebook page for more details.



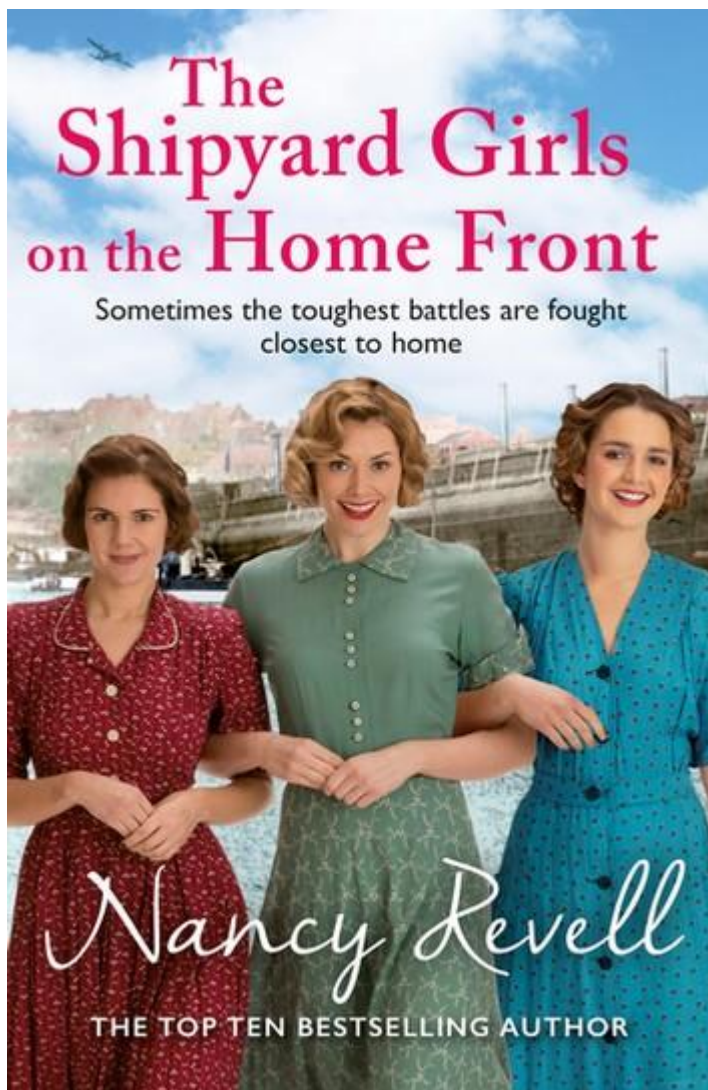
Remember if your WI does not have a zoom licence and would like to host a virtual meeting, we are now offering the Federation licence for a small charge. Please get in touch with the office and book a date, Joanne will also help organise this and show you how to use Zoom

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



Soroptimists International is a charitable organisation for women that operate across the globe, they have kindly invited us to a meeting describing who they are and what they do.

You are invited to an 'Open Evening' on ZOOM, Presented by the members of Soroptimists International, Newcastle upon Tyne. This will be a slide/video Presentation about what Soroptimists do, also the work the club is working on at present and some projects from the past. I hope you can join us on; 13th April 2021 7 p.m. – 8 pm approximately. If you are interested please send your name and e mail address to Cris Young Secretary SI NUT, cris.y@virginmedia.com, RSVP 4th April



For those of you who have been enjoying the Shipyard Girls Series, set in Sunderland, you will be delighted to hear that the latest in the series has now been published. You may remember that before everything was cancelled last year we had a Writers Lunch planned with Nancy Revell as our guest.

Happily, the author is being interviewed by Julie Pendleton for Nova radio and it will be aired on Easter Sunday.

If you haven't read any of the books but like reading stories set in a place you know you're in for a treat. I can't wait for the next one to be released.

I don't know about you but I've bought very few new clothes in the past year and I seem to wear the same thing over and over again, most of it is now a bit tatty and faded (a bit like me!) here's some information about keeping our clothes in good condition and looking good.



Show your clothes some LOVE

How we care for our clothes can make a huge difference to their lifespan – and the planet!

It's hard to believe, but a recent survey showed we Brits send a staggering 350,000 tonnes of wearable clothes to landfill every year. That's equal to more than 25,000 London buses!

Taking better care of our wardrobe can help to reduce this figure, which is great news for the planet – and for our purses. Loved clothes last longer, meaning we waste less and can buy less.

Recycle responsibly

However well we care for our clothes, there will still be times when we can no longer wear something. If it's in good condition, give it to a friend or a charity shop.

If not, could you reuse it in some way? Search online for upcycling ideas, like making a rag rug.

Never put clothes in the bin, even as a last resort. Instead, ask your council where to find the nearest textile recycling bank. From here, clothes are shredded and become new products such as insulation – a new life for your old love.

Repair and re-wear

Broken zips, hems that have unravelled and clothes that pinch can all be fixed. If you can't do it yourself, take them to a dry-cleaner, where these services are often offered. With online tutorials, most people can have a go at simple repairs. A basic repair kit can start with as little as six items, advises tailor Claire Couchman of Couchman Bespoke (couchman-bespoke.com).



Good to know

Store well

How clothes are stored when not being worn affects longevity. Ditch the wire hangers that come free from dry-cleaners, as they don't give enough support. If you can afford to invest in wooden hangers, they will help an item keep its shape – unless it is knitted or made from a stretch fabric. In that case, try folding instead.



Wash less

Check if an item can be worn again before chucking it in the laundry basket, and take your granny's advice to wear an apron when cooking or doing housework to reduce the chance of splashes and stains. As for jeans, apparently the boss of Levi's only washes his every 10 years!

Wash better

Modern washing technology means most items now only need a 30-degree wash, which will use 38% less energy than a 40-degree cycle. It's also less likely to fade the colour of clothes. Turning garments inside out helps with this too.

Air-dry

Save on your electricity bill by air-drying as much as possible. This is also better for your clothes, says environmental charity Hubbub. 'Tumble dryers can be really hard on clothes,' they warn. 'Heavy tumble drying can cause colours to fade and clothes to lose their shape.'

Six items for your repair kit

- ❖ Small pointed scissors
- ❖ An unpicker or seam ripper
- ❖ Pins
- ❖ Needles
- ❖ A thimble
- ❖ The right colour thread



A worldwide wisecrack

Around a dozen countries celebrate April Fools' Day from Brazil who call it 'the day of lies', to Greece where it is believed that if you can trick someone you'll have good luck all year.

In Belgium, France and Italy, the day is known as April Fish Day where it's a common trick to attach a paper fish to somebody's back as well as giving chocolate fish as gifts.

Roaring Joke

In the UK, the first known April Fools' Day hoax was in 1698 when people were invited to a special ceremony to watch the washing of the lions at the Tower of London. Crowds turned up in their droves before realising it was a joke. The prank worked so well it was repeated every April 1, mainly targeting out-of-townners, unwise to the yearly trick.

Did you know? The Museum of Hoaxes in San Diego features a section on April Fools' pranks, but despite pictures of the building and an informative website, the museum is itself a great big hoax!



By Katharine Wootton

CAUGHT OUT!

With April Fools' Day just around the corner we look back at where the tradition came from and some of the most memorable moments of trickery

It's all a mystery

No one is certain where the April Fools' tradition comes from, though there are several theories, one being that in 1582, France switched from the Julian calendar (which began the year on April 1) to the Gregorian calendar. Some people were slow to get news of the change and continued to celebrate the new year at the start of April, so were called April fools.

The great spaghetti swindle

In 1957, Richard Dimbleby told BBC Panorama viewers that Switzerland was experiencing "an exceptionally heavy spaghetti crop". Viewers contacted the BBC to ask where they could buy a spaghetti tree, others complained at the inclusion of a fictional segment during the news!

Could it be the end?

Many organisations have stopped their April Fools' traditions for fear of being accused of spreading 'fake news'. In 2020, some major companies who normally run April 1 pranks, including Google, Heinz and Lego, cancelled plans because of the pandemic.



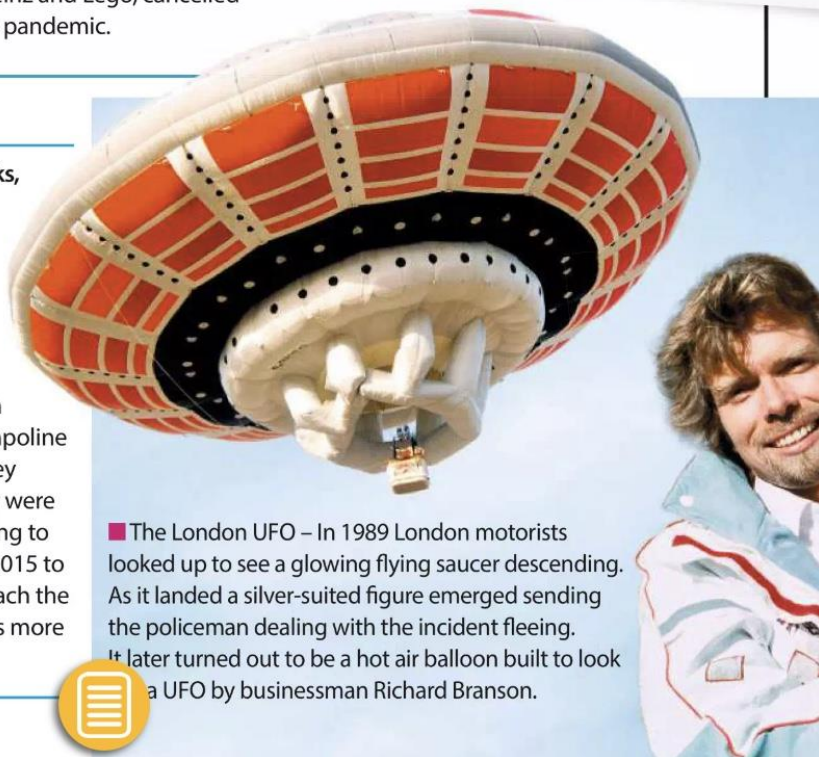
You must be joking!

Over the years there's been some pretty extravagant pranks, but here are some of our favourites:

■ **Penguins can fly** – In 2008 the BBC broadcast a feature about a rare breed of penguins with the ability to fly away from the cold Antarctic weather in

favour of the exotic South American rainforests.

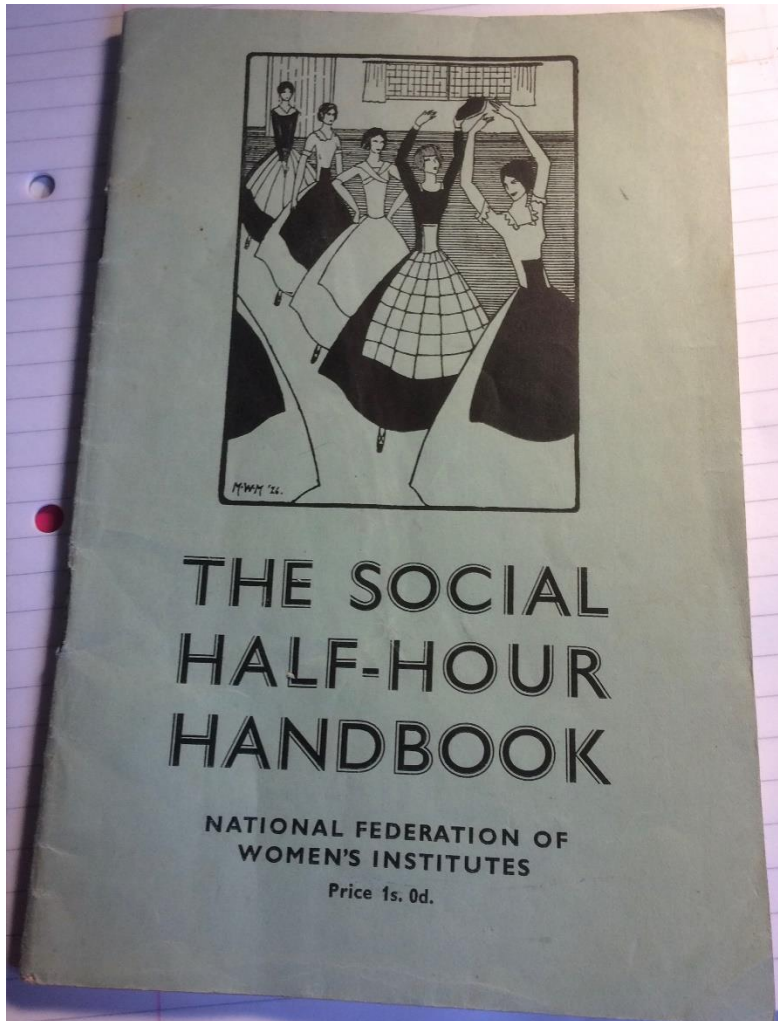
■ **Trampolining in the aisles** – Tesco got us bouncing up and down at the idea of trampoline aisles they said they were introducing to stores in 2015 to help us reach the top shelves more easily.



■ **The London UFO** – In 1989 London motorists looked up to see a glowing flying saucer descending. As it landed a silver-suited figure emerged sending the policeman dealing with the incident fleeing. It later turned out to be a hot air balloon built to look like a UFO by businessman Richard Branson.



Like many people I have done a bit more internet shopping in the past year and these are my two favourite recent buys.



This book as you can see is an early WI publication, dating back to 1948 and costing the sum of one shilling (5p today). It is a fascinating read, the Social Half Hour was an important part of any WI meeting, carried on after the business and the tea and cakes, it was a means of developing friendship and getting to know the other members. There are many varied activities ranging across games, current affairs, crafts, singing and drama and reading it gives a picture of a gentler, simpler time when the country was pulling itself up from the rigours of the Second World War.

At the opposite end of the scale is this little piece of kit that I bought to enable me to do zoom calls to the best of my ability. It cost about £16 and it's paired by Bluetooth to my iPad. When I'm using it, only I can hear what's happening in the meeting and the people I'm meeting with don't hear all the other noises going on in my home. One of the best little gadgets around.





Read and Rhyme –



HAPPY FAMILIES

by Julie Ma (£8.99, Welbeck, PB)

The winner of Richard & Judy's Search For A Bestseller competition is a heartwarming story of three generations of a Chinese immigrant family living in rural Wales. Amy is 34 and has moved back with her grandfather to work in the Chinese takeaway where she grew up. But why?

As Julie Ma says, it's a 'story about people you never get to read about set in a place you don't often read about'.

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



The Coven

by Lizzie Fry (£14.99, HB, Little, Brown)

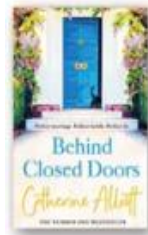
The writing fairly fizzles off the page in this dystopian tale about witches. It's set in modern times, but a patriarchal society has turned against the many women with witch powers in their blood. Hunted and imprisoned, it's a desperate battle to fight back against oppression. Lizzie Fry has created a chilling world, as well as a shrewd examination of female power and politics.



The Dog Share

by Fiona Gibson (£7.99, Harper Collins, PB)

Suzy Medley is not in a great place thanks to her ex, but when Scout the shabby terrier turns up at her door, life takes a few unexpected turns. Not only do strangers want to know her and her furry friend, even her teenage kids want to get home. And a chance meeting on a windy beach brings a possible love interest. But this is about more than that, it's a story about a woman finding herself – and about the joy of having a dog!



Behind Closed Doors

by Catherine Alliott (£12.99, Penguin, HB)

The best-selling novelist is back with a warm, escapist read. When Lucy Palmer realises her marriage is over, she seizes the opportunity to escape her London home for her childhood one in the country. But it's here she confronts secrets she's been keeping from herself and those she loves, as she deals with her ageing but socially active parents, and an old flame.



Postbag

“When I noticed that Bulletin 34 had arrived in my inbox this morning, I quickly and more vigorously completed my exercise routine, as I knew that my reward would be a cup of hot chocolate and a 'good read', and I was not disappointed. Thank you so much for all the hard work involved in producing our Bulletins. Looking forward already to No. 35” Justine Campbell, Herrington/Jarrow WI

“Many thanks for this bulletin. It's interesting to read what's going on. I enjoyed the demonstration last Tuesday by Margaret Carter, (I have decorated cakes in the past, including a couple of wedding cakes, but let things lapse these past years.) However, I have purchased icing etc. In preparation for when my two grandchildren come on Thursday and we'll have a "bit play", I was just going to get them to decorate some paste eggs, but we'll have a bash at doing the biscuits, chickens and ladybirds too, should be fun! so thanks Margaret for the inspiration.” Kind regards Joan McLeod (Jarrow W.I)

We are all constantly looking for ways to be “green” some good ideas here.



Sustainable style

Online fashion retailer Damart has launched an affordable and eco-friendly 'Regeneration' range featuring clothing made from recycled materials. The collection features a stylish wrap dress and cropped trousers in a bold blue floral print, as well as wardrobe staples such as denim jeans and t-shirts.

■ Prices from £25. Call 0871 423 000 or visit damart.co.uk

GOOD to KNOW

WASTE NOT, WANT NOT

Research conducted by anti-food waste company, Too Good To Go suggests British households could be throwing away as much as 10 per cent of their weekly food shop due to confusion around 'Best Before' labels. They have now launched a new initiative 'Look, Smell, Taste, Don't Waste' to encourage consumers to use their senses to judge food before discarding it. Look out for the new labels on products by participating brands.

■ Try the food labels quiz at looksmelltaste.co.uk



Easy ways to live a little greener and help the planet

Too Good To Go
PAST MY DATE?

LOOK SMELL TASTE
DON'T WASTE

GREENER GRANTS

The green homes grant – designed to shave hundreds of pounds off energy bills – has been extended until March 2022. The scheme gives qualifying homeowners and landlords vouchers to put towards the cost of loft, wall and floor insulation or low carbon heating, covering two-thirds of the cost up to the value of £5,000.

■ To see if you're eligible, visit gov.uk



Product of the fortnight

allPaws by Green People is the UK's first certified organic range of pet grooming products that transform pups into pristine pooches. Every product in the range is made with gently cleansing, pH-balanced natural actives that are sustainably sourced and suitable for all breeds of dog and cat.

■ £14 per bottle (200ml).

Visit greenpeople.co.uk

Our tester says: "This shampoo foams nicely and has a lovely scent of mint and eucalyptus that isn't too overpowering and doesn't smell artificial. I love that it's free from chemical nasties, too."

Fewer carbon footprints

300 million pairs of used shoes and insoles end up in UK landfill every year. That's a whopping 30 tonnes of waste! But thanks to the world's first insole recycling programme, they can be recycled, whatever condition they're in. Enertor will put them to good use by turning them into home insulation materials and matting for children's playgrounds.

■ Send old insoles to: Enertor Recycling Department, 10-15 Pegasus, Orion Court, Addison Way, Great Blakenham IP6 0LW or visit enertor.com

■ 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'



Just a reminder of one of our WI campaigns to help increase organ donation, if you haven't made a decision maybe it's time to let your family know how you feel.

5 reasons... to talk about organ donation

A chat with your family
could save lives

Every year, hundreds of opportunities for life-saving organ transplants are missed. Why? Because not enough people share their decision to be an organ donor when they die, leaving their families unsure what to do. Here's why it's important to talk to your loved ones about organ donation...

1 You could save or transform up to nine lives!

Every day someone in the UK dies waiting for a transplant. If you choose to be an organ donor, you could save or transform up to nine lives – giving people the chance of a longer, healthier life and more time with their families. Telling your own family whether or not you'd like to be a donor is an important part of your decision.

2 Everyone will know your decision

Organ donation has changed to an opt-out system in England and Wales, and in Scotland from 26 March 2021. Northern Ireland has an opt-in system. You're still able to choose if you want to be an organ donor, and you can register this decision on the NHS Organ Donor Register, so everyone's clear. Your family will always be involved before organ donation goes ahead – it's only decided if some, or all, of your organs or tissues are suitable for transplant after death, at the time of donation.

3 You can tell your family what you want to donate

Did you know that you can choose to donate either all, or some, of your organs? When you register, you can select to donate your kidneys, heart,

80% of people in England are willing to donate some or all of their organs when they die – but less than half have shared this decision with their families.

liver, lungs, pancreas and/or small bowel, and also your tissues. Donating skin, bone, heart valves and arteries, could transform the lives of others and a sight-restoring cornea donation offers someone the gift of sight.

4 Friends and family will find out the facts

Anyone can register to be an organ donor – but not everyone knows that they can. Medical conditions, faith or ethnicity

aren't barriers to being an organ donor – all the major religions and belief systems in the UK are open to the principles of organ donation and transplantation, and accept that it's an individual choice.

5 A chat helps loved ones

Sadly, one of the common reasons families don't support organ donation going ahead is because it's never been talked about – so they're uncertain what their loved one would have wanted. Whatever your organ donation decision, the best thing you can do is talk with your loved ones to give them the certainty they need to support it.

'I knew what my hero husband wanted'

When Jane Andrew, 59, lost her loving husband, she supported his decision to donate his organs.

'Darren was a wonderful husband and father to our three daughters, and when we lost him almost three years ago we were devastated. What we thought was a bad flu turned out to be meningitis and sadly he couldn't be saved.

When I was asked about organ donation after he died, I knew what he wanted and it took away any difficult decision making for me. A long time ago we'd told each other our wishes

to be organ donors – I'd worked for years as a midwife and I knew the importance of these conversations.

After Darren's funeral, the NHS Organ Donor team told us that one of Darren's kidneys had gone to a woman in her 30s, who'd been having dialysis for over two years. Another in her 40s received his other kidney and she had been on the waiting list for six months. Darren's liver went to a young woman in her 20s. I know he'd be so proud of this, being a dad of daughters.

It offers me huge comfort that his extra-special heart went to a man in his 50s and his lungs and pancreas were used for life-saving research. His amazing gifts have enabled others to live. He is our hero.'

What to do

Visit organdonation.nhs.uk to find out more about your choices and to record your decision



WI news

Fundraiser Update – Karen Tann I thought I would give you an update on our fundraising event on Monday 8th March. The seated Zumbacisers who took part on International Women's Day event raised a fantastic £524 pounds in support of The Prince's Trust, Women Supporting Women "Change A Girls Life" campaign. The ladies in the photo are those who came back after the Zumbacise workout to do the Jerusalema dance before we all had coffee. Classes will continue on Zoom every Monday, Wednesday & Friday (Work with body weight and Weight/kettlebell} and Tuesday (Seated Zumbacise). All are at 10am, same log in detail each week. Why not have a go and Join the Zoom Meeting

<https://us04web.zoom.us/j/3130068528?pwd=NkxhYS9CdklWaS96OUdnWWZ6ci9UQT09>

Meeting ID: 313 006 8528, Passcode: 017697



One of Washington Station WI members, Jean Veneer, sent this photo of her granddaughter Orla with the edible Easter Novelties she made after watching Margaret's demonstration. Another 'budding' WI member I think.

Well done to Audrey Taylor of Washington Concord WI who gets a mention on the WI pages of April's Craft Beautiful magazine for her needlework. Don't forget to share any of your craft makes with NFWI.

"Here are some toys and quilts made by Audrey Taylor of Washington Concord WI. She's been very productive during lockdown, from making face masks for our WI, to scrubs and scrub bags for local hospitals in 2020."

Maureen James, Washington Concord WI District WI



Washington Station WI extended an invitation across the Federation to members to join their regular monthly meeting when Margaret Carter demonstrated edible Easter novelties. It was well attended and we have had various reports from areas across the Federation of members decorating biscuits and cupcakes, making Daffodils and creating figures from creme eggs.



The Federation enjoyed an evening of floristry on Thursday with Sue Elsdon of Sue Elizabeth Floral Design. We watched in awe as Sue created some glorious floral arrangements with spring flowers, there were six lucky raffle winners who received flowers the next day. Shirley Raad, Dorothy Chapman, Debra Phippen, Ali Guthrie Anne Cryer and Jackie Robinson were the lucky winners.



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

TABLE TALK

Immerse yourself in the romantic realm of these words about the legend of King Arthur.

AVALON
BEDIVERE
BRITAIN
CHRISTIAN
COURT
CROWN
FISHER KING
FRIAR
GAELIC
GUINEVERE
IGRAINE

LEGEND
LOVER
MACE
NIMUE
NOBLE
PAGAN
QUEEN
QUEST
SCABBARD
SHIELD
SORCERESS



Wordsearch

Roll the dice and have a go finding these words associated with Monopoly.

ADVANCE	LOSER
ANNUITY	MAYFAIR
COLLECT	OLD KENT RD
COMMUNITY	OXFORD STREET
CHEST	PLAYERS
COMPETITION	PROPERTY
CROSSWORD	REPAIRS
DICE	SITE ONLY
DIVIDEND	SPEEDING FINE
EUSTON ROAD	THE ANGEL
GO TO JAIL	ISLINGTON
INCOME TAX	THE STRAND
INHERIT	TITLE DEED
INSURANCE	VINE STREET
INTEREST	WATER WORKS
JUST VISITING	WHITEHALL

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

Wordsearch

Find all the words relating to snow in the grid. Words can run horizontally, vertically, forwards, backwards or diagonally.

ALLURE	GROW
AWESOME	MYSTERY
BEAUTY	NEEDLES
CLIMATE	NORTH
COLD	OBJECT
CRYSTAL	PATTERN
DEGREE	PLATES
DIVERSE	PRETTY
DOWN	PRISM
FROST	THEORY
GALE	WATER
GAZING	WHIRL

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



CRACKIN'



Egg-citing facts about all things Easter

◆ Eggs contain the highest quality protein you can buy and is in the right proportion for humans, second only to mother's milk!

**Over 80 million boxed
Easter eggs are sold each
year in the UK**

◆ Egg yolk colour depends on the diet of the hen.



◆ Egg yolks are one of the few foods that are naturally high in Vitamin D.

◆ To tell if an egg is raw or boiled, spin it – if it spins easily it is cooked, if it wobbles then it is raw.



◆ How did eggs, chicks and bunnies all become associated with Easter? One story has it that the goddess Oestre was entertaining children one spring festival and turned her bird into a rabbit that could lay coloured eggs, which she gave to the children.



◆ The origin of the "crocodile scale" finish on most chocolate Easter eggs was to disguise minor imperfections that would show up easily on a smooth surface.

◆ Over 500 million Cadbury Crème Eggs are made in a year – if you piled them all up they'd be ten times higher than Mount Everest!



The world's most expensive chocolate Easter egg was made by La Maison du Chocolat in 2006, had diamonds encrusted in the shell, and was worth a whopping £50,000!

◆ An average hen lays 300-350 eggs per year.

◆ As a hen grows older, she produces larger eggs.

◆ The UK's first ever chocolate egg was made by Fry's of Bristol in 1873.

◆ Chocolate bunnies are an Easter favourite too – 76% of us eat the ears first.



◆ Data suggests that the average British child is given 13 Easter eggs – or a whopping 13,000 calories in total!

◆ About 86 million chocolate bunnies are produced in Germany every single year – and almost half are sold abroad.



I hope everyone has a very happy Easter, perhaps seeing people for the first time in a long while – Enjoy

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