



Hello Everyone,

I hope you enjoyed the Bank Holiday Weekend whatever you were doing. I enjoyed watching many of the commemorative programmes on the T.V. It was interesting to see what many of you did to commemorate V.E. Day. Washington Concord President Rona Burr and Secretary, Evelyn Clark attended a small service in Washington to lay a wreath of poppies knitted by their members. They also decorated V.E rocks and displayed them in gardens, window sills and doorsteps. Rowlands Gill WI baked lots of goodies to fill Hope and Glory cake boxes for the local Live at Home and Day Care Centre, filled with cakes and scones, excerpts from the Kings Speech and a 'We'll Meet Again' song sheet. I am sure the recipients will have been delighted by their box of treats. Sister of Shields WI held a bingo session by Zoom which looked like good fun and Joanne went away for the weekend – not very far – her back garden where she camped out in a very small tent. She does recall waking at 4.30am to blow up the airbed again!!!



Thank you for sending for photos of your VE day celebrations and how you acknowledged this event





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This week the Board of Trustees are having their first meeting by Zoom which should be interesting and I am looking forward to seeing all the members face to face.

Joanne and Clare, our Federation Treasurer, have been working to compile lists of all the refunds to be made to the WI's. Refunds will be made direct to WI's rather than to individuals.

Listening to the Governments broadcast last night about potential changes to lockdown its evident that any Federation events that were due to take place in June and July 2020 will not now take place. At the moment the events still in the Federation Calendar are as follows;

19th September Ampleforth Visit

3rd October Autumn Council Meeting

18th October – Sing Along at the Customs House

28th November Panto at the Customs House

19th December Carol Service at Durham Cathedral by kind invitation of Durham Federation

These events are those that are still planned, we haven't begun taking names and numbers at this stage.

As you know Joanne is still working from home and I expect that this will go on for some time, Perth Green is still closed and we can't access the office.



Did you know that May is **National Walking month**, whereby everyone is encouraged to walk for 20 minutes per day? So, at least that's something we can all do. Marjorie Burland took these beautiful pictures when she was walking from Herrington across the fields to the trig point locally

known as the Sandhills showing Penshaw Monument,



The second photo is a view of the new Spire Bridge across the Wear. We have beautiful countryside on our doorstep, get out and enjoy it.

For more information on National Walking month go to

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month-2020>



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This week is also **Coeliac UK Awareness Week**, Katherine Watson the President of Bowes Belles and a member of our Board of Trustees has shared with us what is like being coeliac – I am sure you will agree whilst we understand a bit more about this condition it must be very hard and frustrating at times for all those who suffer from it.

Coeliac disease is a serious illness where the body's immune system attacks its own tissues when you eat gluten. This causes damage to the lining of the gut and means the body can't properly absorb nutrients from food. Coeliac disease is **not** an allergy or food intolerance but an auto-immune disease. Once diagnosed, the only treatment for coeliac disease is a gluten free diet.

Katherine's Story

"I've been coeliac for 25 years and it's not always easy being gluten free. Yes, gluten free food is readily available in the free from aisle and there's never been so much knowledge about coeliac disease. But everything is half the size and twice the price! I find that I either miss out on food at social events (who can remember them?) or I end up eating my body weight in cake 'cause everyone brings a cake or packet of biscuits just for me. Going out for food without a contingency plan can cause me a huge amount of stress. What if I can't eat? What if there's no gluten-free bread? Cake? Biscuits?

I keep "emergency" snacks everywhere. Handbag? Check. Coat pocket? Check. Car? Check! I get really excited when I find new gluten free products and end up dancing around the supermarket aisle. And when I see someone else in the free from aisle, I feel an overwhelming urge to hug them however, a knowing look and a nod is the appropriate response.

Wheat free doesn't mean gluten free. Gluten is found in wheat, barley and rye, and some people are also sensitive to oats. Being gluten-free is not a life-style choice but a life-long medical condition. You can't grow out of it.

I avoid cross contamination at home by NEVER putting the knife in the butter, and always using a spoon to scoop out jam, mayonnaise etc. I have my own toaster 'cause even a crumb can cause me to be unwell. I cook everything from scratch everyday - no ready meals or packets for me! But you know what? Following a gluten-free diet means I am healthy and well. I can live with that. For more information, visit <https://www.coeliac.org.uk/home/>"

Thanks to Katherine for sharing – she has also sent us a favourite recipe of hers which she loves to make – its further on in our recipe section.



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What have you been upto since last week?

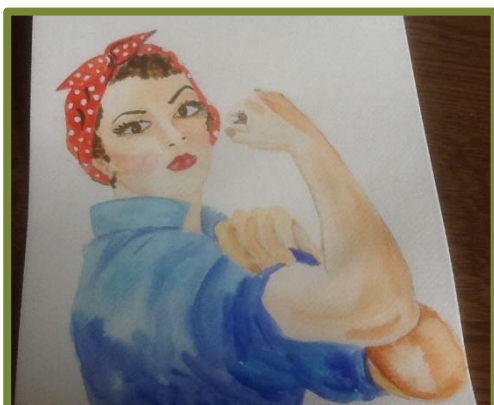
Crafting, Painting, Cooking or some of us have even been studying in our spare time

In an attempt to keep my hands out of the biscuit tin, I have been making cards. I am attempting to use up some of my craft stash and I have bought nothing new to supplement my supplies. Having said that lockdown needs to last until 2035 for me to use up all my craft supplies but I take consolation from the fact that are many more craft hoarders out there !



Margery Green from Jarrow WI has been making duck bill masks to be ready for when she can 'be released'. They are easy but fiddley to make. They fit very snugly and are in three different sizes (child, female and male). She made hers with two layers of curtain lining backed with iron on interfacing. The nose grip is made with garden wire threaded through a slot so it can be removed for washing. They take less fabric than the folded masks. If anyone would like a copy of the template e mail Margery margerygreen@me.com. The chap beside her in the photo is a WISH - WI Supporting Husband!

Someone waiting on this week's recipe is Margaret Fullerton's granddaughter and our office junior, Sasha Kane. Margaret passes the recipes on to Sasha, she makes them during home schooling domestic science and Margaret gets half back to eat. Win Win situation. The photos are her take on shortbread and her boiled coffee and chocolate cake – Well done Sasha. Next time you come into the office on work experience we want some baking brought in please!!!!!!



This painting has been done Auriel Brown of Jarrow WI. She was inspired by the picture on the cover of the latest WI Life magazine; however Auriel thinks her version is saying "come here and say that and I'll clock you one". Great job Auriel !



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Online Courses

Centre of Excellence

Joanne has been doing an online diploma course in Subtle Body Anatomy through the Centre of Excellence. She learning about her chakras, meditation, reflexology, auras and the human energy fields, she is enjoying it immensely and managed to gain 89% in her first assignment. Well done Joanne. The Centre for Excellence has loads of different courses from health and beauty, reiki healing, craft and hobbies to business, fitness and history course. Why not have a browse there might be something there you fancy <https://www.centreofexcellence.com/shop/>. If you use the code UPSKILL at the check out, you will receive the courses for only £29.00. They also have a very informative facebook page.



Zara Day Embroidery Design

Zara Day has contacted us with information about an embroidery course she is running through Zoom She has started these new courses since lockdown as a way of keeping the embroidery course going in her local village, this has escalated to using Zoom, running the sessions live. It is a wonderful opportunity to get together, albeit virtually, with others and learn a new skill, brush up on an existing one and meet with others in an online creative environment., you can see details about Rosemaryrose her bespoke embroidery business on Instagram @zara_day_rosemaryrose and work linked to the courses @zara_day_embroidery. Her next course will be starting on Tuesday the 26th of May at 10am. There is another one on Monday 1st of June in the evening at 7.30pm and on 27th Wednesday at 4.30pm. The cost is £30.00 for 6 sessions. A detailed sheet of the course is attached to email. If you have any questions just email zara@rosemaryrose.co.uk or call me on 077 17371668.



Two great recipes for you this week.

WI Scones and Katherine's Gluten Free Roasted banana & walnut cake

The **scones** are classic WI favourites and if it's your first foray into baking it is also backed by a You Tube video from Denman. It makes 12 scones

Ingredients

- 125g block margarine
- 450g self-raising flour
- 100g caster sugar
- 200ml milk
- 1 medium egg

Method

1. Preheat the oven to 200°C/ gas mark 6 and line a baking tray with baking parchment.
2. Crumb together the margarine and the flour in a bowl/food processor
3. Once the crumbs are fine, mix in the fruit (if using) and the sugar.
4. Gradually add the milk and mix the dough together until it is just combined.
5. Roll out the scone dough onto a floured work surface, to the height of the cutter you will be using and stamp out the scones, applying even pressure.
6. Place the scones onto the prepared baking tray and brush the tops with beaten egg.
7. Bake for 15 to 20 minutes until golden brown and sound hollow when tapped from underneath.





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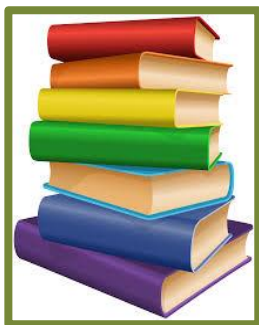
Roasted banana & walnut cake

450g bananas with skin on (about 250g after roasting)
150g muscovado sugar
125ml sunflower oil
1 teaspoon glycerine
3 medium eggs, at room temperature
225g plain gluten free flour
1/2 teaspoon xanthan gum (essential in all gluten-free baking, even if its not mentioned in the ingredients!)
1/2 teaspoon bicarbonate of soda
1/2 teaspoon baking powder
2 tablespoons creme fraiche or cream cheese (Greek yogurt works too)
50g walnut pieces

Method

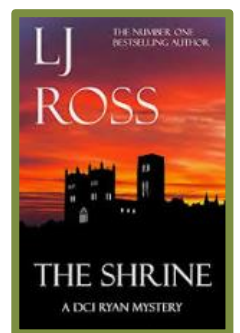
1. Preheat the oven to 200C/gas mark 6.
2. Make a slit in each banana, place on a baking tray and roast in their skins for about 10 minutes until soft. Cool, mash roughly and set aside.
3. Reduce oven temperature to 180C/gas mark 4. Line a 2lb loaf tin with baking paper.
4. Tip the sugar into a bowl and with a electric mixer, whisk in the oil, glycerine and eggs.
5. Sift together the dry ingredients and mix into the bowl with the creme fraiche or cream cheese. Stir in the mashed banana and the walnuts, and mix thoroughly.
6. Smooth the mixture into the prepare tin and bake for 45-60 minutes until firm and a skewer inserted into the middle comes out clean. I cover the cake with grease proof paper after 30 minutes to prevent burning - this cake takes a lot of setting.
7. Cool in the tin for at least 10 minutes before turning out to cool on a wire rack.

Apparently, you can freeze the cake but whose would ever last long enough to do that!



Read and Rhyme

This Week I have read 'The Shrine' by L.J. Ross, the latest in the DCI Ryan Series, all of them are set in North-east locations – Holy Island, Penshaw, Cragside and the latest one in Durham Cathedral. A good read and I have enjoyed the whole series as has Chris Short, an avid reader from Herrington WI, who called the office to recommend the following books aswell: -



Hilary Mantell – The Wolf Hall Trilogy and the Thomas Cromwell trilogy
Mari Hannah – The Murder Wall again set in the North East and Kate Rhodes

Chris reads blood thirsty detective novels so if that's your thing – have a go at these – they won't disappoint!



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Paula Stones from Penshaw WI wrote these poems a few years ago, Paula enjoys writing poetry in her spare time and is hoping to put together a collection of her work to collate into a book at some point.

As Free As A Bird (2015)

High on a hill where the winds blow with might
A bird on a wing soars a long, lonely flight.
As it traverses the sky, majestic in style,
I stop in my tracks and gaze for a while.

Where are you going and where have you been?
What have you done and what have you seen?
Who have you watched and what have you heard?
What it must be like to be as free as a bird.

I trek through the hills as I try to unwind,
The beautiful views leave my problems behind.
Heather and bracken, fern, leaf and moss,
Wildlife and nature, a couch potato's loss

They say that beauty is in the eye of the beholder,
And as I grow yet another year older,
I plan my next little country retreat,
Where I can get away from it all at the hands of my feet.

Coming Home (2014)

Looming on a hill up high,
A silhouette against the sky,
Pillars of stone standing bold,
Holding memories from years of old.



Penshaw Monument, an adult's friend,
A child's adventure, a journey's end.
No matter from which place we roam,
When it comes in view you know your home.

As myth would have it, Penshaw Hill,
On which the statue stands so still,
Became the refuge for the Lambton worm,
That plagued the town like a deadly germ.

Years of terror finally ceased,
When John Lambton came to slay the beast,
The locals rewarded his remarkable skill,
By gifting him a statue upon the hill.

The monument remains in place today,
Majestic in its special way,
That monumental work of stone,
Is my reminder that I am home.



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WI Appeal for Prisons

I have had a letter from Julia Isherwood at NFWI to support women in prisons during the current crisis when lockdown is most severe for them. She writes:

“I am putting together a document/pack to send to the staff of the women’s prisons to be passed around the women with messages of support from members. If you have any messages of support to include from members, please email them to me and I will add them. We are also asking for members to put together craft kits to send to their nearest prison. Below I have included the details of your nearest women’s prison, along with what is and isn’t allowed in the craft kits. Please ask your members to send me a picture of what they are sending before they send it so that we can include it in our community appeals pages on the websites

Gabrielle Lee (Governor)
HMP Low Newton
Brasside
Durham
County Durham
DH1 5YA

Ideas of what is allowed in the craft kits:

Knitting needles (ideally wooden but metal ones won’t be thrown away). These are risk assessed as to who they give them to

Felt tip pens

Biros with clear tubes (i.e. Bic crystal pens)

Colour pencils

Crossword

Logic problems

Card making

Cross stitch

Plastic quilling tools

Felt

Wool

What is not allowed in the craft kits:

Scissors

Blu tack

Stanley blades/craft knives

Please pass on to other members that they can send messages and craft kits as well. I hope that helps, please let me know if you have any questions”

It would be marvellous if any of our members could contribute to this, I certainly know that I have stash I could contribute.



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With Sadness

It is with great sadness I have to report the sad loss of another of our members. Elsie Proud, a lifelong member of Washington Concord died this weekend. She was 101 years old and died of the coronavirus. Our condolences go to her family and friends. A great lady who will be sorely missed.



On that sad note I hope you and your families are taking care and staying safe. If you need anything at all and think we can help please contact either Joanne or myself on the numbers below. Please be assured you are not alone.

Very best wishes

Margaret Carter

Chairman - Tyne and Wear South Federation of WI's

Office number and email 0191 5845814 twsfwi@btconnect.com,

Margaret Carter 0191 4165269 macarter1@hotmail.co.uk

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: 0800 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.