



Hello Everyone

I hope you are all well and safe. It has been a busy fortnight and I have been delighted to meet up with some of you on the zoom meetings that were set up for all members. It was especially good to see some members who had never used zoom before and who were trying it out for the first time. Hopefully more and more members will participate as time goes on – if you haven't tried it, it's easier that you think and if you have no one to help you get started with it just ring the office number. Joanne is excellent at helping get started. Please don't worry about doing anything wrong on zoom meetings, it is very informal and friendly.

The big news of the week was a mailing from the National office about restarting of meetings. It is a lengthy document and it has been sent to all committees. The Board of Trustees have arranged a zoom meeting for committees on July 27th at 7pm to discuss the implications and possibilities offered to us. However, please note that neither the National office or the Federation are instructing WI's to start meetings at this stage, we have 25 WI's in this Federation, every WI meeting in a different venue, every WI has a different group of members with different need and requirements. Each is unique so there is no one size fits all solution, the committees must do what they think fit for their particular WI. Whatever we do the health and safety of our members is paramount.

We do live in strange times and we are all aware of the various ways in which the media reacts to current events. I thought this week was a classic example, a young couple have to cancel their grand wedding as a result of the pandemic and as soon as it's legal to marry with a limited number of guests they arrange a small wedding in order that the brides very elderly grandparents can attend. Most of



what we read about Princess Beatrice's marriage headlines focus on 'hand me down', 'second hand', 'recycled' dress when in fact it was a beautiful vintage gown designed by Sir Norman Hartnell and remodelled for today's bride. How many of us would be happy to take on such a hand me down? The same press would have pilloried her for wearing a bespoke designer gown that cost thousands and thousands of pounds in this difficult time. I thought the pictures were joyous, the couple and their grandparents looked very happy and I'm sure you will join me in wishing them well for a long and happy marriage.

One of the ladies I was privileged to talk to during zoom meetings was Joan Elton of Rowlands Gill WI. Joan expressed how glad she was that the pandemic had happened at this time when we have access to email, social media, facetime and all the other benefits the internet offers us. She thought that shielding and social isolating would have been so much worse for her without the internet. I've told her I'm going to make her a poster girl for a training plan called 'Boomers to Zoomers' that we hope to develop to encourage more members to engage with the world via the internet. If you would be interested please let me know.



Now that we are in a 'Boris Bubble' I get to see two of our grandsons on Thursdays and Fridays, last Friday – a teacher training day we went to Souter Lighthouse, it was a glorious day with sunshine and blue skies. It's amazing how two little boys can be so occupied by a pair of binoculars. At one point I noticed a lady running – not unusual you might think but she had on her office suit and a handbag over her shoulder. As she got close, she gasped 'Have you seen the dolphins?' She said "I didn't want the bairns to miss them". So, we were lucky to catch glimpses of some dolphins just off the shore due to

the kindness of this lady. It was a great treat for me too as I love dolphins and they are always the high spot of my holidays if I can see them and I've never until that day managed to see them off our coast. The photos of the dolphins weren't taken on the day we were there but are from South Shields – if you get the opportunity to go and see them please do so, it's a beautiful coast line we have on our doorstep.



What have you been upto this week?

On the same day we were there, Sister of Shields WI were having a socially distanced walk giving them a chance to catch up with each other. Their picture shows what a glorious day it was.



Other members

have been venturing out too - Dilly Dollies met for a walk at Hebburn Riverside Park, let us hope the reasonable weather lasts to that more of us can get out for a face 2 metre face chat!



Rowlands Gill committee got together and made a posy for each of their members which they hand delivered much to the delight of the recipients. The committee did it over two weeks and it was greatly appreciated.

Many thanks for Alyson Burnikell of Tunstall WI for sending this article in about Lockdown with Locketland.

“As I reflect on life during lockdown, I have to be thankful for family and friends who have help me through this unprecedented time. I am a key worker and therefore worked throughout the lockdown and beyond, but there were still long periods of time at home (and in the garden).

I am as always grateful to the President and Committee of the Tunstall WI, and more so now, because the guest speaker at our last meeting before lockdown was Lucy from Locketland in Fulwell, Sunderland.

Lucy gave a very moving, truthful account of her personal journey and the background and her reason for the creation of Locketland. Lucy had a display wonderful projects, kits and beautiful wools (some of which she had dyed herself). I discovered some days later and having visited her amazing shop (a must visit for any crafter). That there is a web site and Lucy was continuing to post orders during lockdown. The photograph is of the Luna Lapkin bunnies I made during lockdown. Thanks again to the wonderful Tunstall WI committee and of course Lucy from Locketland. - Alyson. “



Justine Campbell who duals with both Jarrow and Herrington WI bought this orchid from B&M last year for 50p, it was suffering from neglected love. It has flowered 3 times, and this time produced 18 flowers – she has had the time to give it lots of love. The big question is does she prune?

Meanwhile on the subject of orchids, Justine has put Joanne orchid to shame. Someone bought her this a present 2 years ago, cost £10.00, never flowered but she is determined to keep it. The big question is does she throw? Why not share your pictures with us?



Margaret Minto from Sister of Shields WI sent this beautiful picture in of her latest craft. Margaret says

“I’m a committee member of SOS WI, I thought you’d like to know I’ve just completed the Zara Day embroidery course you advertised a couple of months ago. It was a great experience and Zara is a delightful teacher. It was such good value for money as I learned a lot and indeed, I’ve joined her next two courses. I’m attaching a picture of my finished hoop which is basically a

sampler of the stitches and beading techniques we learned. I also did the wool felting Denman workshop, which was a two hour session for only £5 and again, well worth it! I’m keeping an eye on their programme for further Zoom courses. So glad you promoted them!!”

Well Done Margaret

Sisters of Shields WI had another virtual meeting of their wine group this week. The topic was wine for a Summer Picnic, the food looked delicious and the wines tasted were various and sounded definitely summery.



This is a field in Newbottle which Justine Campbell sees on her daily walk. It is exceptionally pretty at the moment.

Things to do in the next few weeks

As Justine does why not get out into the fresh air, we have included some new walks now accessible at the Lambton Estate. At the minute the estate is only open on Sundays so please check their website before you go <https://www.lambtonpark.com/>

The estate has been closed to the public since the safari park in the grounds shut its doors in 1980. But now almost 10 miles of new pathways have been opened up as part of a major redevelopment of the estate. Four new walks have been created, accessible from a public car park off the A183 at Bournmoor. The new paths are part of a restoration scheme funded by the development of new houses on the estate.



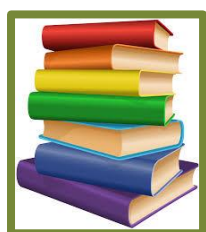
- The 3.2km Ridge Walk enjoys panoramic views across to Lambton Castle, and leads down to Black Drive which heads along the banks of the River Wear from Lamb Bridge to the New Bridge
- Shepherd's Ghyll is a 2.1km route which passes through woodland and open parkland, to the banks of the Wear
- Hedworths is a relatively flat 1.7km woodland walk, ideally suited to young families
- And the racecourse is a 2.6km walk which follows the riverbank to the River Wear Gorge.



Did you listen to Julie Pendleton's radio show on Sunday? The show featured Dawn Simpson from Whickham Village Belles, Dawn is a trained social worker and volunteers for a charity called Nepacs and she is sending us more information soon. With reference to the request I made for craft materials a few months ago, for use in prisons, my contact didn't get back to me so I'd like to suggest that the material you collected be donated to Dawn who can make use of them in her project. We hope to have more details next week.

Remember to send your before and after shots of hair styles throughout lockdown.

Marion Ferguson has decided she likes hers long and just got a trim. Where as Joanne went from long to undercut with a shaved side and a new colour.



Read and Rhyme

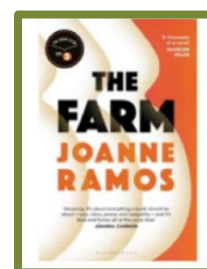
Gritty Thriller - The Knock by Jessie Keane – Dora O'Brien has a bad start in life and ends up being abused by both her gangster lover and dodgy cop. A generation later her daughter Angel has to fight her own battle for survival. A great gritty gangland thriller from a mistress of the art.



Historical Hit - The Tuscan Countess by Dinah Jefferies – Aristocratic Sofias decision to shelter a wounded British airman at her family's villa puts the household at risk. Enter feisty Maxine, an Italian American working for the resistance and the pair get caught up in a deadly game.

Drama - The Farm by Joanne Ramos

In the near future, surrogates for the super rich wait out their pregnancies, analysed for the sake of their million-dollar cargo. This takes on big themes, primarily racial and economic inequality and if anything is truly sacred



CONGRATULATIONS



Massive congratulations to Board of Trustees member Margaret Fullerton and her husband Ian, this week they celebrate their Golden Wedding Anniversary, not only surviving fifty years of marriage but also 18 weeks of lockdown. Happy Anniversary to you both and best wishes for the future. What a beautiful bride, the little girl is our Debra Phippen, Margaret's niece.

Also, huge Congratulations to Evelyn Clark who got her official letter and advisers badge. Welcome to the Advisers team Evelyn!



WHAT'S COOKING?

Two recipes this week for you - a lovely simple summer pea soup and a quick vegetarian dish – Greek pasta

Pea soup with smoked bacon

Serves 3

2 tbsp oil

4 smoked bacon rashers, chopped into small squares

1 onion, finely chopped

1 garlic clove, crushed

400g Birds Eye Garden Peas

500ml chicken stock

Salt and black pepper

To serve:

Crème fraîche

Mint leaves

Croutons

- 1 Heat half of the oil in a pan and cook the rashers until crispy.
- 2 Remove the rashers and place on some kitchen paper to absorb any excess fat.
- 3 Heat the rest of the oil in the pan over a medium-high heat and add the onion and garlic. Cook for about three minutes until soft.
- 4 Add the peas and the chicken stock. Bring to the boil, then reduce the heat and simmer for 8-10 minutes.
- 5 Add the smoked rashers, but set aside some to garnish.
- 6 Blend the mixture until it is smooth. Season with salt and pepper to taste.

7 Serve with a spoonful of crème fraîche, a small mint leaf, croutons and the remaining bacon pieces.



225g orecchiette or penne pasta
 1 cucumber, halved lengthways, deseeded and sliced
 300g cherry tomatoes, halved
 100g black olives, pitted and halved
 1 small red onion, finely sliced
 100g feta cheese

FOR THE DRESSING

1tbsp wholegrain mustard
 2tbsp runny honey
 1tsp dried oregano
 3tbsp white wine vinegar
 5tbsp extra virgin olive oil

salted water to boil and cook pasta according to pack instructions until al dente.

2 Meanwhile, in a large serving bowl mix cucumber, tomatoes, olives and onion. In a small jug whisk dressing ingredients with some seasoning.

3 Drain pasta well and add to bowl, pour over dressing and mix. Crumble over feta and fold in. Check seasoning and serve warm or at room temperature.



Christmas Corner – Week 1 why not make some infused oils to give as Christmas gifts? Start now for them to be ready for Christmas. Details are on the next page.



Or why not join our very own Julie Rankcom from Jules Handcrafted Glass, who is running glass Christmas workshops from the middle of September. For £15.00 pp you will make 2 Christmas decorations. You make your own group up 4 people (may go up to 6), these are available Monday - Sunday but only 1 workshop per day (at the moment). There is no payment required at time of booking. Full payment is due 30 days prior to workshop. The venue is Washington Tyne and Wear.

If you are interested please email Julie for more details on glassjewellery@hotmail.co.uk

DIY INFUSED OILS

Merry Christmas

Infused oils are so easy to make and will jazz up any salad dressing in an instant. They are also perfect for drizzling on focaccia or even as a bread dip. We've used Irish rapeseed oil here, but you can use any oil you like. The oils will take some time to infuse, but once prepared they will last for months in a cool, dry place.



1 Warm 250ml of your chosen oil in a small saucepan over a medium heat.

2 Add the flavouring of your choice, cover the pan with a lid and allow to sit for 5-6 hours.

If you like, you can pass the oil through a strainer to remove any bits before pouring into a clean oil bottle.

FOR CHILLI OIL:

add 4 tbsp dried chilli flakes

FOR GARLIC OIL:

add 4-5 garlic cloves, crushed

FOR HERB OIL:

add 5-6 sprigs of rosemary, thyme or bay leaves

FOR LEMON OIL:

add the zest of two lemons, being careful not to include the white pith

FRESH HERB OILS

This is a universal recipe for any fresh herb oil. Use any soft herbs that you have to hand, such as basil, parsley or coriander. It's a great time saver and an excellent way of stretching the shelf life of fresh herbs. Basil oil also makes a fantastic dairy-free alternative to traditional pesto. Once made, your fresh herb oil will keep in the fridge for two weeks.

For any fresh herb oil:

150ml rapeseed oil

100g fresh herbs (stems and all)

Pinch of salt

1 Place the ingredients in the food processor and whizz until the mixture is well blended together.

2 Decant into a clean oil bottle and store in the fridge.



Denman News – This information has come to us directly from National Office this week.

Dear WI Member,

On behalf of the NFWI Board of Trustees, it is with great sadness that we announce our proposal to close Denman permanently.

We appreciate this will be difficult news for you, as it is for the NFWI Trustees and our staff. Most of all, this is a difficult time for the dedicated and passionate Denman staff team who are at risk of redundancy.

For a number of years, Denman has been operating without unrestricted reserves and operating a cash-flow model reliant on future bookings. This has always made Denman vulnerable to any economic changes and particularly so during this period of complete lockdown.

Since the beginning of lockdown, the NFWI Board of Trustees have been carefully examining the financial position of Denman and considering all possible options. In March, Trustees voted to provide financial support for Denman up to 1 July 2020, with the majority of staff being furloughed to reduce on-going running costs and minimise Denman's losses during the lockdown period. However, as we approached 1 July, it became clear that Denman would be unable to open and operate its full range of services, and that participants and visitors were uncomfortable visiting, which meant the scheduled courses were no longer viable. As such, if Denman were to formally reopen, it would be making a financial loss for at least the following three months; and without reserves, Denman would have relied on significant subsidy from NFWI. NFWI has already provided a significant temporary loan to Denman to cover its costs until 1 July, and further subsidy would put the organisation under impossible financial pressure. Therefore, the Board of Trustees have been left with no choice but to propose the formal closure of Denman.

This has been an extremely difficult decision and has not been taken lightly. Members will know that successive NFWI boards have worked incredibly hard to preserve Denman and keep it open for members. Significant work has been undertaken over the last 18 months to address Denman's financial challenges and rebuild its reserves position, including the introduction of a new business plan in June 2019 which opened up the opportunity to develop non-educational activities on site as a way of increasing income. This has been incredibly positive and we saw a significant reduction in deficit in the last financial year. Denman has also been helped enormously by the money received from the Saving Denman Appeal and Love Denman, as well as other donations and legacies that we have received over the years. However, Denman's lack of unrestricted reserves and the cash-flow position meant that the College was left in an incredibly vulnerable position when faced with a minimum 3 month closure during the lockdown period.

I want to take this opportunity to pass on my thanks to all of you for your support of Denman over the years, and also to thank you for the enthusiasm and support for Denman at Home over the last few months. We are absolutely delighted that this programme has proved so popular, and in the short term it is our intention to continue to deliver and grow this offer to ensure that members can continue to access the high quality Denman activities that we have always prided ourselves in. You can sign up to these courses via the Denman website here: www.denman.org.uk.

You will find FAQs attached, and these can also be found on My WI (where they will be added to over time). These should help to explain the background and process in more detail; however please bear in mind that we do not have the answers to everything at the moment, as we are still within the consultation period and we have not yet fully explored some of the complex legal and financial practicalities. If the proposal is taken forward following the staff consultations, we will also be hosting a series of Zoom Q+A calls for WI members in September, where you will have the opportunity to ask any questions about Denman. Whilst we know how upsetting this news is for many WI members, please hold any questions for these calls. The priority for the NFWI Trustees and staff is to support the Denman staff in this incredibly difficult and stressful time, so please allow us the time and space to do so sensitively.

All members with existing bookings will be contacted separately and will be refunded in full within 30 days of this announcement. You do not need to contact us to arrange this as you will be contacted directly by the team.

Please note, this is being shared with you in the strictest confidence and it is important that you do not share this news with anyone else until NFWI have made the announcement public (we intend to post on social media at **2pm on 22 July**). We are managing this process within formal legal frameworks and following employment law and Charity Commission requirements. It is vital we ensure our messaging (and the sequencing of communications) is completely consistent in line with this process, and does not expose the NFWI or individuals to risk. As we have stated, our utmost priority is to support our Denman staff at risk of redundancy and ensure the entire process is completely fair, and any communications not made directly by NFWI could seriously conflict with this. As such, any breaches of this information will be fully investigated by NFWI.

We know the news we have shared is difficult and we share this feeling of loss and sadness with you. However we ask again that you please hold any questions for a more appropriate time, and allow us to explore this proposal with our Denman staff as priority.

Best wishes,



Lynne Stubbings
NFWI Chair



Jeryl Stone
Denman Chair
NFWI Vice Chair

Whilst the closure of Denman is sad and the end of an era and many will remember it with great fondness, this is an opportunity to move forward with a new education model using all the resources available to us, thus, making the WI educational experiences more accessible and available to a greater proportion of the membership.



Post Bag – “Thank you, another brilliant newsletter, it might even spur me on to start cooking!! All the articles and reading tips were more than useful. But what made me laugh..... Dust if you Must by Maureen James..... fantastic and so true!!

Thank you again - Lynda Alexander – Washington Station

Zoomers

Top tip to help us – please display your name and WI

This is less important when you're chatting with people you know well, but for us we sometimes recognise your face and name but forget which WI you are from

When signing into the meeting, and you are requested to enter your meeting ID and Password, underneath this there is a space which usually says I Pad, or names the device you are using, if you simply click on that box you can change it when the keyboard appears.

Join Zoom Meetings coming up

Date and Time	Meeting	Meeting No. & Password
Monday 27 th July 7pm	Lifting Lockdown Restrictions for at least 2 committee members from each WI. Please ensure your WI is represented	ID 873 4574 4073 Password 799440
Wednesday 5 th August 7pm	Board of Trustees Meeting	ID 857 9344 6818 Password 316546
Thursday 20 th August 7pm	Membership and Organisation Meeting	ID 872 9895 1757 Password 794095



And Finally – thank you to all those who sent captions in for our competition. The winner was Marjorie Burland from Herrington WI with her caption

“Mmmm, did someone say tea, or was that g & t?” Well done Marjorie your gift voucher will be finding its way to you soon.

On that note we hope to see you soon on Zoom, keep telling us your stories and have a go at this quiz kindly sent in by Evelyn Clark – Answers next week

Take care

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

Office number and email 0191 5845814 twswfi@btconnect.com

Margaret Carter 0191 4165269 macarter1@hotmail.co.uk

Coronavirus: getting back to normal...



BritishRedCross

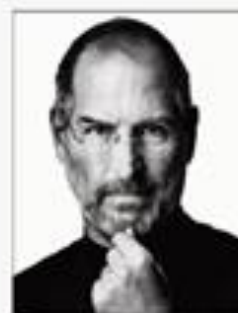
For information and support on domestic abuse, contact:

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

WHO AM I ? 06

TEAM NAME

TOTAL SCORE

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