



News Bulletin 7

6th May 2020

Hello Everyone,

I hope you and your families are well and safe. We have had lots of positive feedback from members about the news bulletin. I am told that Herrington WI members are really enjoying reading it each week and for those who don't have e-mail some members are kindly printing it out and posting through the doors of those who can't access it. Herrington are also working together to knit poppies for a display in Middle Herrington Park later in the year along with hats for the premature baby unit.

Washington Station WI are having their first committee meeting by Zoom this week and they are following in the steps of a number of other WI's in the Federation. We are also attempting our first Board of Trustees meeting by Zoom next week too. If you fancy giving it a go there are instructions on the My WI website.

Many of Cleadon's WI members do not have the benefit of, or expertise with modern technology, social media platforms and internet access. They have been finding new ways of caring for one another, they have, in abundance, the inner strength of many years and a great friendship within the group. They are having a daily quiz by text as well as operating our Film Review Club, where members can choose from a limited number of films being shown on national TV channels at a set time followed up by a round of calls to find out what we thought of the film choice and how much enjoyed, or not, that film. This has proven to be very popular – perhaps they will continue to enjoy after the current situation has passed.

This week we have V.E. day celebrations on Friday – perhaps not what we had envisaged, but there is a whole programme of events on TV that day. Special programmes, Dame Vera Lynn and a speech by her Majesty the Queen. Lots of people are planning a tea party in the afternoon, so why not celebrate with a cream scone and a glass of wine or try a slice of boiled chocolate cake – this week's recipe from a member dated 1941!



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I have been preparing some material to talk about on the radio this week about the WI's part in the war effort. Even though I have read the books 'Jam Busters' by Julie Summers and 'A Force to be Reckoned With' by Jane Robinson a few times I am still in awe of all that the women of the WI achieved in the toughest of circumstances.

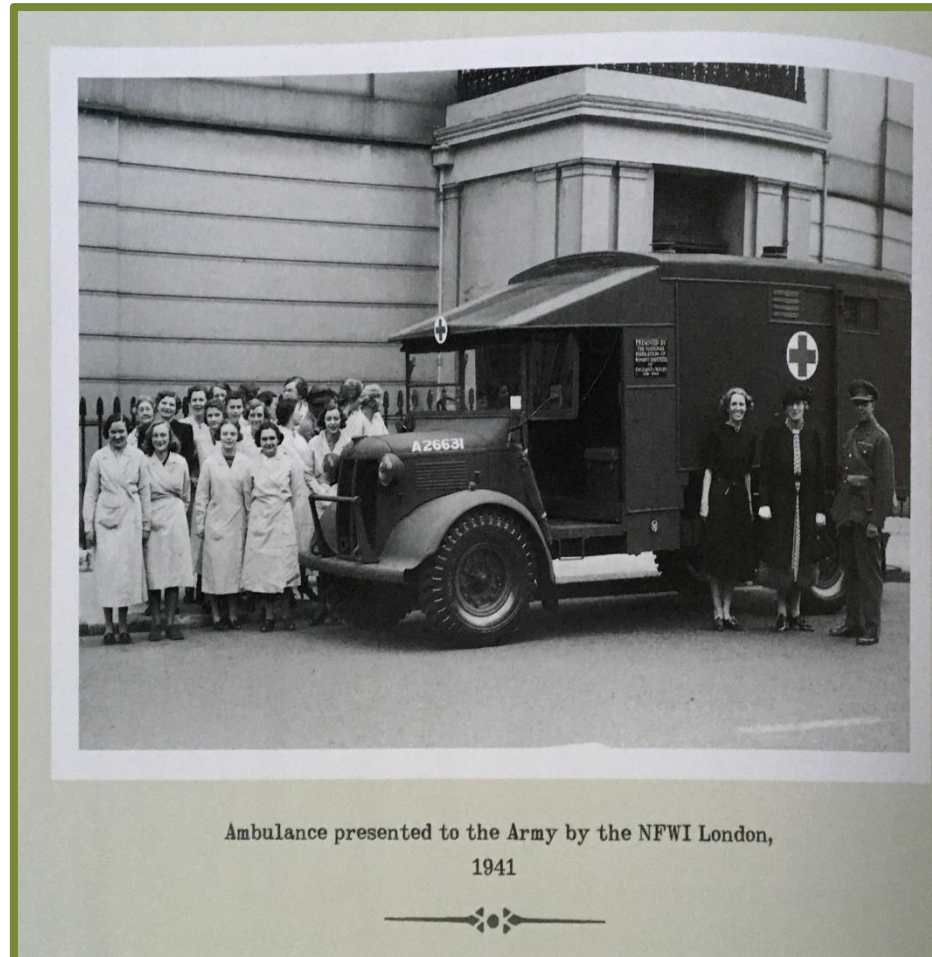
Making jam, the best-known contribution, was not the only thing they did. In a short period of time they organised the evacuation of children in many areas of the country, food markets for surplus produce, planting and converting of gardens to vegetable plots, clothes schemes for people made homeless by bombing.

They collected scrap metal and raised money to buy ambulances. All this on top of trying to feed their families on miniscule rations. After the relief and joy of V.E. Day they then had to continue managing on rations until 1954.

Alongside this, members were actively campaigning for better housing and sanitation in the towns and villages.

They contributed to surveys on housing, sanitation, health, childcare and animal welfare and were consulted by the government in advance of the Family Allowance Act in 1945 and National Health Act in 1948. All of it contributing to the Welfare State – As it has been said before -

“We stand on the Shoulders of Giants!!!!”





Further thoughts re subscriptions

I have had a number of comments about subscriptions and people's thoughts on reimbursement or extension of the membership year. Last week in the news bulletin I shared the most current information from National. The information was based on regulations of the Charity Commission. Can I respectfully remind members of a number of things?

1. The WI is a charity and as such is bound by Charity Commission rules.
2. The WI is a three-tier organisation: WI level, Federation level and National level. As members we are all part of the National organisation which in order to be a charity has a constitution and a legal entity.
3. The whole picture has to be considered even though most of us are on lockdown and unable to attend any physical WI events, as an organisation we still have staff to pay and premises costs to meet.
4. To date most members have only missed two regular meetings and if the lockdown were to stop today those meetings could be added back into the programme later in the year. At the same time so far, members have still had access to all the facilities of a membership. My WI website, WI life magazine, regular contact from Federation and telephone/digital access to the office.
5. Although it seems like a long time to date, I feel that we are in the middle/or at the beginning of what could be a long process. Indeed, if lockdown were cancelled today how many of us would feel comfortable attending a meeting tomorrow?
6. Any changes, reimbursement or alterations of subscription processes could only be made at the end of an episode when the full picture of the implications can be seen.
7. Any changes will be made at National level, it is not in our gift to change this at a local level.

I know some people have compared what is happening to the WI with that happens in other organisations but the structure and the format of all organisation are not the same so it's an unfair comparison. I know the Committees and Board of Trustees are doing everything they can to keep in touch with members and are actively involved in looking for ideas to further engage the members

A Very Big Happy Birthday to Kibblesworth WI

The celebrations are on hold for the minute but when this is all over Kibblesworth WI will celebrate their **85th birthday**. Kibblesworth WI was formed on 05/06/1935, it is a small but extremely social group, friendship is their strongest point with their willingness to care for each other. Sue Begg was newly elected as President and will carry on doing a great job. Congratulations to all the members.



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TWSFWI RECIPES

This week's recipe – Chocolate Boiled Cake –

A recipe from a member (1941) in a WI cookbook.

Ingredients

A teacup (200ml) of black coffee
3oz (75gm) margarine
3oz (75gm) dark brown sugar
1 tablespoon of golden syrup
8oz (225gm) plain flour
1oz (25gm) cocoa
1 teaspoon bicarbonate of soda
4oz (100gm) chocolate chopped
3 tablespoons of milk
½ teaspoon of vanilla essence.



Method

1. Heat oven to 180°C / Gas 4.
2. Butter and base line a 500gm loaf tin.
3. Put coffee, margarine, sugar and syrup in a pan and heat slowly to boil. Boil for 5 minutes then leave to cool.
4. Sift flour, cocoa and bicarb into a bowl.
5. Add boiled ingredients, chopped chocolate, milk and vanilla.
6. Mix all ingredients together then spoon into a prepared tin.
7. Cook for 20mins then lower heat to 170 °C or Gas 3 and cook for a further 30 mins until the cake has risen and a skewer emerges cleanly from the centre.
8. Cool slightly in the tin and turn onto a wire rack.

Enjoy !

For other vintage recipes check out <https://www.pinterest.co.uk/skywardssiren/wi-1940s-recipes/>, this site shows some weird and wonderful recipes with the strangest ingredients.

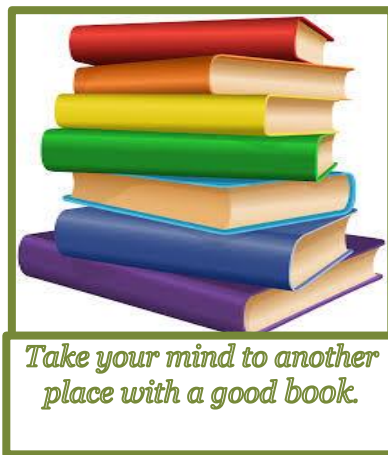
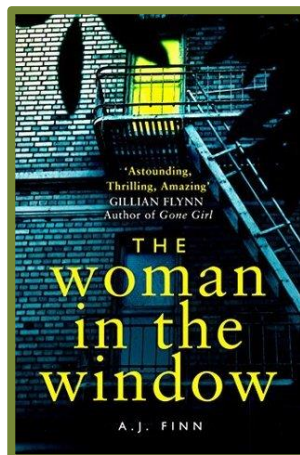


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Read and Rhyme

Two great books for you to enjoy this week

Joanne has just finished '**The Woman in the Window**' by **A.J. Finn**. This is a different book to all the others we have recommended as it is a gripping psychological thriller. You don't know what it is real? What is imagined? who is in control? and who is in danger? It tells the story of Anna Fox, who lives alone—a recluse in her New York City home, unable to venture outside. She spends her day drinking wine (maybe too much), watching old movies, recalling happier times . . . and spying on her



neighbours. Until the Russells move into the house across the way But when Anna, gazing out her window one night, sees something she shouldn't, her world begins to crumble—and it's shocking secrets are laid bare.



The second book I have chosen has been around for a while and taken me some time to actually read it. Its **Eleanor Oliphant is Completely Fine** by **Gail Honeyman**. An interesting story which raises lots of issues and themes; isolation, loneliness, the power our parents have to shape our lives it also highlights the effect small acts of kindness can have on individuals. You will find yourself warming to the character of Eleanor as the story unfolds. I really enjoyed it and would thoroughly recommend it

Gardens Galore !!!!!



It seems some of you have been following in our footsteps and getting into the fresh air and enjoying your outdoor space. Elaine Wright, from Washington Station WI and a member of our Board took this beautiful photo of the tulips currently flowering in her garden.



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Deborah Phippen, a member of Jarrow WI and the Board of Trustees combined crafting with her garden and shared with us her beautiful garden ornaments, she writes

“Hello to all our members.

As we enter another week of lockdown, like many of you I have decorated, gardened and now there is not a cupboard in the house that hasn't been tidied and sorted; my charity donation pile keeps on growing!

Back in the summer of 2018 following a craft night we'd had at Jarrow WI where we were given plant pots to decorate with acrylic paint and shown how easy it was to recreate beautiful flowers using different brush strokes, I went out and bought paints and brushes to do more in my garden. Well, I had good intentions but I just never got round to it. Life always seemed to get in the way.

So, there were the paints and brushes, unopened at the back of one of my wardrobes. Seeing that my 3 garden ducks were looking very weathered I wondered if I could 'tart them up a bit' and so I cracked open these paints and got started on them. I was so chuffed with the end results. I am, as you can see, by no means artistic but I would encourage anyone to 'have a go' at a new challenge - what's the worst that could happen? A quick varnish and they were set to have pride of place at the front door. It gets a bit chilly at times so, finding some left-over wool, I knit them some scarves. You may notice the duck on the left has 'R' and 'L' on it's wellies - but they are the wrong way round. Mr Phippen says my sense of direction is terrible and so I did this on purpose but as yet, he hasn't noticed (or he's just humouring me!)” Keep safe – Debra

Carry On Crafting

A fab little free pattern from Jean Greehowe perfect for oddments of wool and how to say thank you to our nurses.

Jean Greehowe's website –

<https://www.jeangreehowe.com/patterns.html>



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Kathleen Lee from Whickham Fellside WI, spotted a lovely photo of a dog, named Jazz, in the April issue of WI Life.

Her husband drew a drawing of Jazz, they framed it and she got in touch with Hampshire WI secretary. They are sending this to the lady when this crisis is over.

Well done Kathleen - what a very kind gesture



WI Life Magazine
@WILifemagazine

We ❤️ these paper seed hearts made by @SoShieldsWI secretary @LoisLush with her children!

The project, which features on My WI, were given to neighbours with a little note

Herby Heart
Hello neighbour!

We have been keeping ourselves busy making these herby hearts and thought we'd share them with you.

Inside this paper heart are herb seeds that you can grow if you have a little patch of earth somewhere.

Plant the whole heart, give it a water and pop it somewhere sunny and soon you'll have your mini herb garden. We've used a range of different herb seeds so it'll be a surprise what you get!

Hope you are all staying safe and well

Lois, Gracie and Elijah Benson at No 10

Lois Benson and her children made seed hearts and got picked up on Twitter by WI Life



Rowlands Gill WI have been making colourful scrub bags for local hospitals and community care front line staff.



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Judith Thompson of Hylton WI sent us this great coloured in Mandala. She had wanted to try it for a while and thought this was the ideal opportunity. She is moving onto crocheting them too as well as many other projects she has in the pipeline. She might be one of the few that might be disappointed when the lockdown is lifted!!

Helpful Information

Lynda Alexander forwarded some helpful information for anyone in the Washington area or elsewhere that may also be of interest to members on what is available for home delivery if you can't get out.

- Bridgewater Butchers Washington Tel 0191 4167774, the meat is vacuum packed and they often have offers on. Free delivery on orders over £20 and reported to be excellent.
- Bloomin Al's Green Grocers Birtley Tel 07568 564043 do mixed packs of fruit and veg for £15.
- Barley Mow Pub Tel 0191 4104505 deliver hot meals £5.50 + delivery charge.
- Woodlands Pub Rickleton tel 0191 4155632 deliver hot meals to your door, similar price.

The last two from the pubs may be of interest to anyone not wanting to cook or for a celebration etc.

Also, Age Concern 0191 4162449 are offering someone to collect shopping lists and deliver shopping back to the front door if anyone unable to get out themselves.





And finally, here are the answers to the Zoo Story Quiz we gave you last week – did you spot them all
'Cat – rhinoceros – swan – ant – dog – bear – ox – rat – ape – ass – gnu – pig – cow – owl – ling –
camel – ewe – sheep – deer – stoat – anteater – boar – shrew – orang – sow – okapi – bat – hen –
wolf – dingo'

Once again thank you for all your contributions for this weekly newsletter, as we said members seem to be enjoying reading it as we are receiving positive feedback. If you would like to see something new email the office and Joanne will do her best to incorporate it.

Don't miss Sunday's show on Nova Radio North East with Julie Pendleton, when Julie will feature an radio interview with Edith Hunter nee Grey (*sadly deceased earlier this year aged almost 99*) born in Washington; she was a staunch member of the WI no matter where she lived ... Washington, Fencehouse, Ferryhill, Northallerton and Amble. She regularly attended the local one for Amble until it cease functioning there. She was born 30.3.1921 She did the interview in 2017. Extremely alert she has a fascinating story to tell about being a Land Girl. Make sure to listen at 2 pm on Sunday.

Stay safe and healthy.

Very best wishes

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



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<p>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.</p> <p>Email railtorefuge@womensaid.org.uk.</p> <p>Feel free to spread the word.</p>	<p>For information and support on domestic abuse, contact:</p> <ul style="list-style-type: none">■ Police: 999 press 55 when prompted if you can't speak■ Refuge UK wide 24-hour helpline: 0808 2000 247 <p><i>Remember these numbers are available 24 hours a day 7 days a week if you need them.</i></p>
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