



News Bulletin 18

29th July 2020

Charity Number 1099003

Hello Everyone

I hope you are all safe and well. As I write this, I am reflecting on the past weekend and what I have been doing. I took a surprise visit to our local pub; I didn't plan to go but my husband took himself out for a walk whilst I was on a Zoom meeting. After the meeting finished, I got a phone call to say that he was walking past the pub and it was empty so he decided to go in. I went along to join him and I was very impressed at the efforts made by the pub and staff to keep customers safe. It was very pleasant to be out of the house and looking at a different set of walls but it did make me think about how hard it has been for businesses in the last few months whilst we have been cocooning.

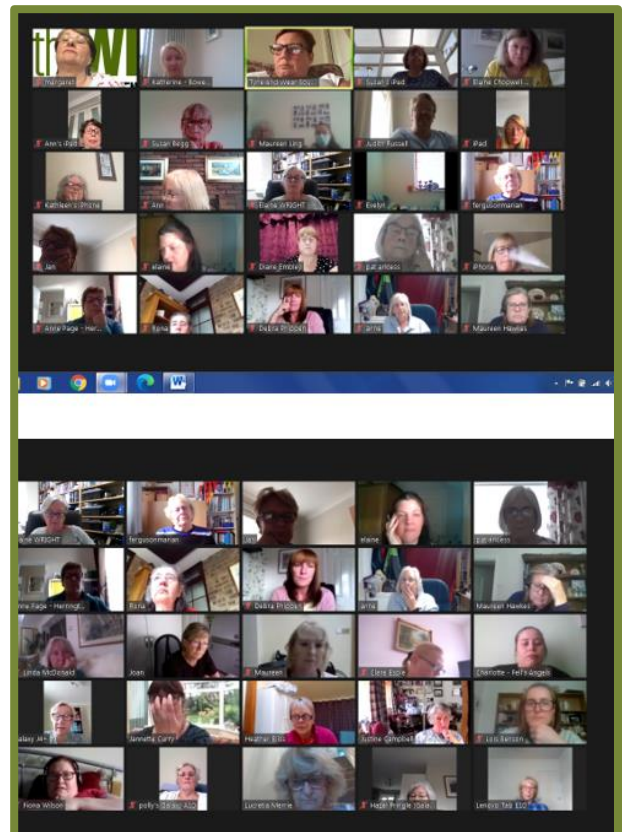


Having our two grandsons for two days a week during the school holidays means we are looking for "adventures" to keep them occupied. On Friday we took them to Roseberry Topping as we told them we were going to climb a mountain. They stared in disbelief at the height, aged 6 & 9 they were convinced they couldn't get up there – but their sense of achievement when we came back down was a joy to see. As for myself, as most of you know I am a stranger to exercise

so it was no mean feat for me to get to the top and back down again without any intervention from the Air Ambulance. The boys said that they would do it again – me? I've done it once, life's too short to repeat certain experiences! The photo shows that I will never be a poster girl for mountain climbers!!!!

In the past week we finished the last series of meetings by Zoom for all members and it was lovely to see so many of you face to face.

Last week we shared the Guidance from NFWI about restarting W.I. meetings. We held a Zoom meeting for representatives of WI committees to discuss this on Monday 27 July. Thank you to the 54 participants who joined the meeting which was very positive. Each W.I. is different and each venue is different so there is no right or wrong way to do it. Committees and W.I. will make their decisions based on the circumstances that relate to their W.I.

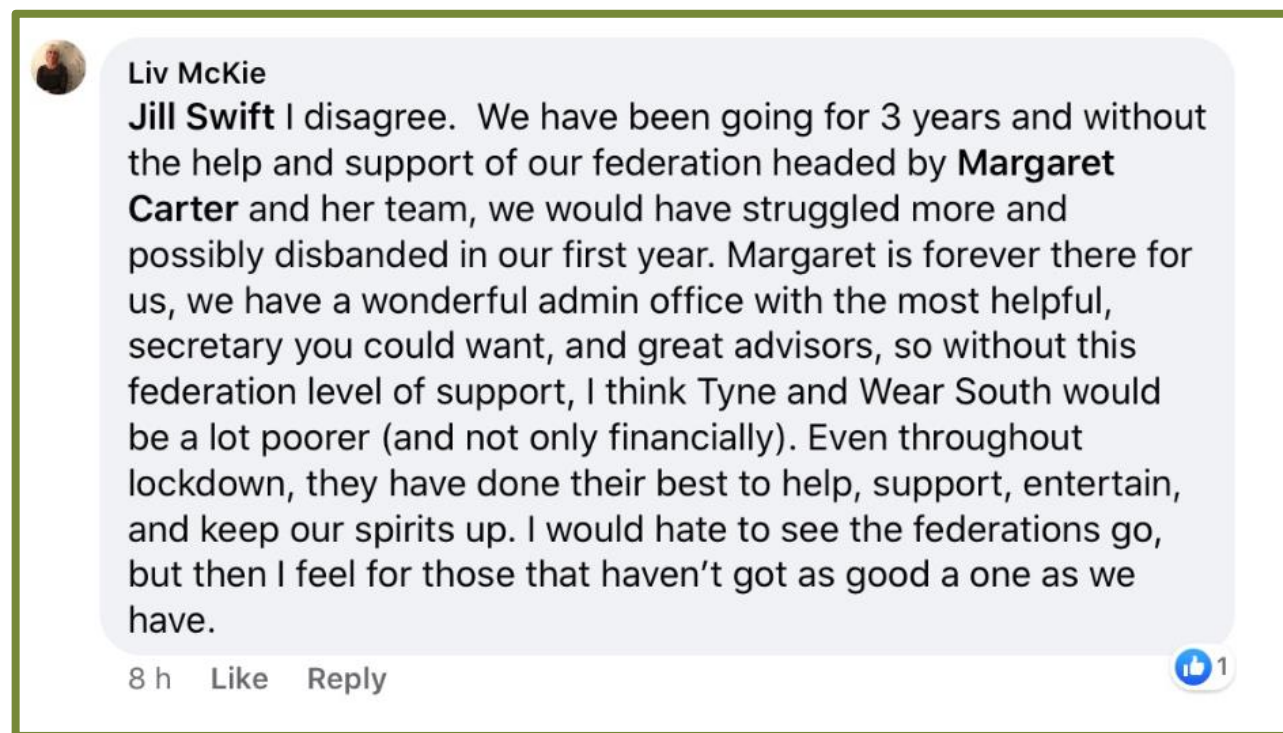


It is seven days since I was part of a National meeting where the National Board of Trustees announced the plan for the closure of Denman. Over the past week there has been a great deal of discussion about this. If you are interested in this, it is very important that you read or have read all the information provided by National. It was shared last week with the bulletin and you will find it on the My WI website along with all the documents connected with the WI and its operation. It is also updated regularly. If you haven't yet managed to use My WI, it is a very simple process all you need is your email address. There is a telephone number you can ring if you're having problems and they will sort you out and get you access.

Understandably the potential closure of Denman is a very emotive subject and has brought a lot of arguments and dissatisfaction to the forefront of people's minds. Views on why we need a London office, management of Federations, how member's money is spent and lots of other things thrown into the mix. The answers to many of the questions raised are dealt within the documents.

There is some guidance relating to a proposed fund raising attempt to save Denman but £1.8m would have to be raised before the end of the 30 day consultation period which started last Monday and that would only then make it safe until December 2021. If you did want to contribute to this fund please ensure that it is bona fide fund raising attempt – there is no fund raising attempt authorised by the National Federation.

There have been a number of members on the social media pages suggesting that getting rid of management at Federation level would save a lot of money and that the Federations had done nothing for members so I was gratified to read the following Facebook post -



Thank you to Liv McKie from Dilly Dollies WI, on behalf of myself, Joanne and the Board of Trustees.

It did make me think about the impact of the Coronavirus situation on our Federation, during this time we have:-

- Produced 18 weekly news bulletins, including competitions and quizzes,
- Hosted by Zoom
 - 3 Board of Trustees meetings
 - 2 President, Secretary's and Treasurer's meetings.
 - 5 Group meeting for all members
 - 1 coffee with the chair meeting
 - 1 speaker for all members.
- Created facebook pages for all WI's who don't have them and invited those WI's to populate the pages with information relating to their WI.
- Created a database so each member of the Board rings at least 2 WI's every fortnight to discuss issues, problems or simply to ask how they are getting on.
- Circulated details of a lot of charities and projects members could help with during lockdown – eg. Making facemasks, scrubs for Crawcrook Medical Centre

Do you think we should do anything else? Can you suggest any other activities that could be carried out? Please let us know.

From a financial point of view during lockdown we have had to pay rent as usual, continued to pay Joanne for her office work as furloughing her would have meant very little organised contact with the WI's. The Federation has also taken out a years subscription to Zoom to facilitate meetings. Obviously during this time the Federation has had no income from events and will not for the foreseeable future. Please feel free to ask for qualification or more information on any aspect of the running of the Federation.

Sadly this week we also received notification about the annual National Council meeting which take place at the end of October for Federation Chairmen and Treasurers. This year it has not been cancelled but will be carried out over zoom for the two planned council days, I will need to find a comfortable seat for that!

What have you been upto this week?



Totally Hooked

Elaine Dodds, of Bowes Belles WI, first began crocheting a couple of years ago, making blankets and hats by following YouTube videos. "Since lockdown began, I decided to try to learn how to read patterns and these are some of the results!" she reveals. "The button strips are for key workers to make their masks more comfy and the frontline bears were for my hubby and our postman."

Congratulations to Elaine Dodds of Bowes Belles who features on the WI page in this month's Craft Beautiful magazine.

Look Who is on the Telly!

Judith Russell from Bowes Belles was one of the first people to be allowed to visit a care home since the lockdown, she visited her 96 year old Dad and was interviewed for Tyne Tees news. It was lovely to see the expression on her dad's face and Judith loved the visit but can't wait to be able to give him a hug too.



On the day Whickham Fellside should have had their July meeting, members met up in small groups in the park and various gardens around Whickham. It was a lovely sunny afternoon but typical British weather brought out the umbrellas too!! Each member received coffee, biscuits and a free raffle ticket for a bunny made by one of the members. Everyone thoroughly enjoyed chatting and catching up with other members and social distancing was observed. (and you will see that there was also one canine member, Daisy the Westie who enjoyed the biscuit crumbs!! as well as the company of the members)



Joanne and Janice Duncan of Bowes Belles WI have formed a social bubble and went on a marathon 7 mile hike at the weekend over the lovely Yorkshire Dales, they passed through the lovely villages of Newbiggin, West Burton, Thoraby finishing with a very steep hill upto Aysgarth. It was Jan's first walk with new boots on – her toes are still swollen. The photos show a before the hill shot at the lovely falls at West Burton and the after shot shows Jan very tired and how high they climbed – she insists the next walk has to be flat.



Things to do in the next few weeks



Last week, I told you about seeing the dolphins at South Shields, Helen Bryce from Fells Angels WI wrote in to tell us about her experiences with the same dolphins and how to make it easy to see them. She has seen them on a number of occasions and the fishermen have told her that it is best to take a look just after high tide. They move up north apparently. They told her to look for the gulls circling around as this means they are locating fish. If there are any dolphins in the area, they too will be locating a tasty fish or two. The last time she saw them the gulls were circling above a fishing boat and the dolphins were quite close to the shore in between the fishing boat and the shore. The sea was calm and if there are waves, it is more difficult to see them (sometimes you see things that aren't really there). It is always a joy for her to see them but not as rare an occasion as you might think. There is an organisation called **ORCA** <https://www.orcaweb.org.uk/get-involved> who are investigating the movements of whales and dolphins. They are keen to get volunteers involved in watching the coastline for them. This helps them build a picture of their movements, so much is still to be learned about them. Why not get involved with something different?

PenPal Scheme

Whilst we are a small Federation there is a wealth and variety of skills, interests and life experiences right across the breadth of the Federation. Lois Benson from Sister of Shields WI has suggested that we set up a 'penpal' scheme linking members from different WI's, letters could be either by traditional means or e-mail. If you are interested let us have your name, email address/address that can be shared with your matched penpal and join us reaching out to each other across the WI's in our Federation.

Boomers to Zoomers



Alongside the above scheme we would like to develop another project. As the weeks have gone by, we have found that we are depending more and more on digital methods of keeping in touch with each other. I know that many of our young members are very adept at using all the digital tools at their disposal but some of us 'baby boomer' generation are maybe not so adept. I've been impressed by how many members have actually got to grips with the technology techniques – helped by grandchildren and other family members. As a Federation we want to help anyone who needs a hand to become more proficient. Do you want to learn to use Facebook or how to zoom into meetings? Contact the office and we will find a way to help, either in a one to one situation or in a group. We want to help you stay in touch.



30th July is Friendship Day

A few weeks back I asked for ideas as to how we should celebrate friendship day and sadly as it approaches, we are still unable to meet in a way that allows us to celebrate in a meaningful way.

The idea of friendship day made me think a bit about the whole concept of friendship. Some people have many friends, some people have just a few and either way is fine. As we go through life we make friends at all ages, my oldest friend and I met when I was about 6, I have friends I went to school with, friends I met at college, friends I made in various jobs and workplaces and now lots of WI friends.

One of the benefits of being a WI member that is most mentioned is the friendship you can make and I know many of you can testify to that. Who do you have in your life as a friend who you wouldn't know if it wasn't for the WI? Can you send us a picture and a couple of sentences about them? We will feature them in an ongoing element of the news bulletin.

I'll start



Joanne Inglis – without the WI I would never have met Joanne, and you will know her as our Federation Secretary. She is the friendly voice on the telephone, and incredibly helpful and approachable. I feel she has become a good friend and I know she will be supportive but also as any good friend she will point out when I'm talking rubbish! She'll check on me to see if I'm ok and will listen if I'm having a rant and will always agree to a glass of wine!

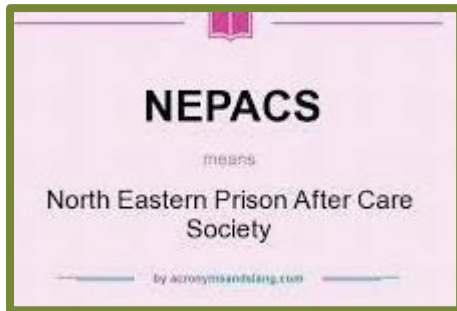
So, come on tell us about your friend who you wouldn't have met without the WI.



Kind Words

Last week I had phone call from a lovely lady, a long-time member of Cleadon WI. She rang to say what a good job their President Maureen Ling was doing. Maureen has been President since the back of end of last year and all the members are all very grateful for the efforts she puts into staying in touch with them all, she is much appreciated. Well Done Maureen!

Last week we mentioned the charity called NEPACS, as promised Dawn Simpson has kindly forwarded some more details about the charity and how you can help them.



“NEPACS is north east charity that works for and with families that have a loved one in prison. When a loved one is sent to prison this can often be a very difficult time for families including children and young people; people often find themselves in a strange system that is difficult to navigate.

Nepacs firmly believe in making the criminal justice process less daunting for families and this includes our helpline at court, visitor centres at the prisons, play and youth workers to support children and young people effected by a parent in prison, and family support workers to help support the resettlement when it's time for prisoners to be released. Visiting a loved one in prison is an added expense to any household and can often be a financial burden. To help with this Nepacs welcome donations from toiletries, children's play items, books to support the work we do. For example, we try and arrange for all children visiting the prisons at Christmas with a gift from Santa Claus. We also try and supply toilets with baby changing supplies and female hygiene products.

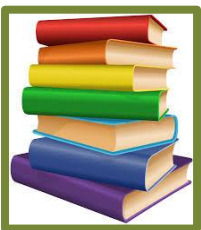
We also have lots of volunteers that support our work which maybe an opportunity for members in the future.

If any WI or member would like more information or to arrange donations then please email me at dsimpson@nepacs.co.uk”

Thanks for supporting our cause

Dawn”

Last week I showed this photo and said it was Marion Ferguson – Apologies it is not Marion Ferguson but a very pretty Marion Murphy of Washington Station.



Read and Rhyme

I have been spent a bit of time reading recently and ignoring the household chores, in addition to this week's book selection can I also make a couple of recommendations. The first is a series of books – The Seven Sisters by Lucinda Riley, six girls are brought up by a wealthy adoptive father whose death triggers them into seeking the truth about their origins – the seventh is still to be written and I can't wait! I don't read many biographies but one person I have admired for a number of years is the Duchess of Cornwall, I think she has always been very dignified over the years despite much of the hate and vitriol heaped onto her by the media etc. Duchess by Penny Junor is Camilla's life story. I found it a very interesting and illuminating read and I have learned a lot about the work she does for so many charities, I also think she would be a great mate and lots of fun to spend time with.

Summer reads for You to Enjoy

The Garden of Forgotten Wishes by Trisha Ashley

We all need some comfort right now and you'll find that in this warm and humorous summer read. Heading for the village in Lancashire where her Mum grew up, Marnie is looking for a fresh start, she comes into contact with her old friend Ned, but a relationship seems to have left him troubled too. Can gardening help them heal and recapture the dreams they once had?



The Margot Affair by Sanoe Lemoine



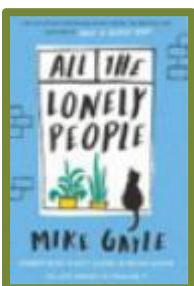
Undoubtedly one to the top literary fiction reads of this summer, this brilliant debut novel is a wonderful study of the mother -daughter relationship and the love and loss in all its complexities. Set amid a Paris Summer its style tells us a very detailed insight into Margot's thoughts and emotions. A compelling read that hooks you in. Ideal for a book club and all those chefs out there as it is brimming with descriptions of French food.

Spirited by Julie Cohen

Following the loss of her father, Violas grief is lifted by photography, though her pictures seems to pick up spirits that are otherwise invisible. Meeting spirit medium Henriette only draws her further into this world.



And the last one this week



All the Lonely People by Mike Gayle

Pensioner Hubert Bird paints a picture of the prefect retirement when talking to his daughter but the truth is very different. Tender, humorous and uplifting – reading this is all the self-care we need.

Thank you to Maureen Johnstone who sent us this beautifully written article and a one which is so true. It ties in lovely with friendship day. Take a couple of minutes to read it. You'll be glad you did.

A WINTER FRIEND

This article is so befitting for all of us... take time to ponder... the last statement cannot be refuted:

I STARTED READING THIS QUITE FAST UNTIL I REACHED THE THIRD SENTENCE. I STOPPED THEN AND STARTED OVER, READING SLOWER, AND THINKING ABOUT EVERY WORD... IT REALLY DOES MAKES YOU STOP AND THINK, NO MATTER HOW OLD YOU ARE.

So, please READ SLOWLY!

AND THEN IT IS WINTER You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and

embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But here it is... the winter of my life, and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But here it is...my friends are retired and getting grey... they move slower and I see an older person in myself now. Some are in better and some worse shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But at least I know, that though the winter has come, and I'm not sure how long it will last... this I know, that when it's over on this earth... it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done... things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one. Remember: "It is Health that is real Wealth and not pieces of gold and silver."

~Your kids are becoming you.....but your grandchildren are perfect!

~Going out is good... coming home is even better!

~You forget names... but it's OK, because other people forgot they even knew you!!!

~You realize you're never going to be really good at anything.... especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

~You miss the days when everything worked with just an "ON" and "OFF" switch.

~You tend to use more 4 letter words ... "what?"..."when?"...???

~Now that you can afford expensive jewellery, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless?!"

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

~But "Old" is good in some things:

Old Songs, Old movies ...

and best of all, our dear ...OLD FRIENDS!!

Stay well, "OLD FRIEND!"

Share with your 'OLD FRIENDS'!



Post Bag – Once again thank you for all your lovely comments – we are feeling the friendship love

“I'd like to say how wonderful your weekly newsletters are, they have really kept us all in touch with everything. You and Margaret are to be congratulated". Hope it won't be too long before we can all meet up again. Keep safe” Pam Chrisp Wickham Fellside

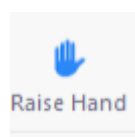
“News on Denman was unfortunately not very surprising. Was difficult for us up North to travel there and often the fees were a bit steep, weren't they?! Still sad though as I know many members campaigned and fundraised for them. Hopefully NFWI can continue to provide the online courses as they seem to be very popular. Let's all hope this is a 'digital renaissance' in the WI and more members embrace it! “- Charlotte Wilson Fells Angels

“Wow amazing read as always; you have kept me going with these wonderful newsletters a very forward-thinking federation.” Stay safe you lovely people

Julie XXX Bowes Belles

Zoomers

This week's top tip came from our meeting on Monday night. As there were a lot of us on zoom, when it came to the questions and answers session it was quite hard to scroll along each screen to see who had their hand up. Fiona Wilson was clever and used her 'Raise Hand' button.



How to use it - Click on the icon labelled "Participants" click the button labelled "Raise Hand." Your digital hand is now raised and we can see immediately that you wish to ask a question. Once your question has been answered Lower it by clicking the same button, now labelled "Lower Hand." Its beside the clapping button if you want to give us a round of applause !!! Don't worry if you can't find it we would always scroll screens as well

WHAT'S COOKING?

It's still summer and if you're having a barbecue why not liven it up with a selection of these side dishes.

Charred sweetcorn salsa

■ Char **2 corn cobs** on the barbecue, then cut away the kernels and put in a bowl. Stone and slice **2 avocados** and toss in the bowl with the zest and juice of **1 lime**, **1 thinly sliced red onion**, a **handful of chopped coriander leaves**, and a large pinch of salt. Serves 4-6.



Sweet potato salad

■ Roast **1kg sweet potatoes**, cut into chunks, at **200C/180C fan/gas 6** until tender. Cool. Whisk **5 tbsp sherry vinegar**, **2 tbsp olive oil** and **2 tbsp honey** with **2 finely chopped shallots**, **4 finely sliced spring onions**, and a **bunch of finely chopped chives**. Toss the potatoes in the dressing and serve. Serves 6.



Tomato, watermelon & feta salad with mint dressing

■ Mix **2 tbsp olive oil**, **1 tbsp red wine vinegar**, **¼ tsp chilli flakes** and **2 tbsp chopped mint**. Put **4 chopped tomatoes** and **500g chopped watermelon** in a bowl. Pour over the dressing and stand for 10 mins. Stir through **200g crumbled feta**. Serves 4.

Griddled cauliflower

■ Cut **1 cauliflower** into chunks and toss in **olive oil**. Barbecue for 15-20 mins, turning, until cooked and charred. Blitz **3 tbsp yogurt**, **1 tbsp olive oil** and the **juice of ½ lemon**. Add **50g crumbled feta** and **½ tbsp tahini**. Drizzle over the cauli and scatter over **2 tbsp toasted sesame seeds**. Serves 4.



Spicy foil-wrapped new potatoes

■ Boil **750g new potatoes** for 5 mins until slightly tender. Drain and leave to steam-dry for 2 mins. Transfer to a large sheet of foil, coat in **2 tbsp olive oil** and **½ tsp each cumin seeds** and **mustard seeds**. Season well. Make sure the potatoes are sitting flat against the foil so each one gets charred when cooked. Wrap the foil up like a parcel, and wrap again to ensure the potatoes are enclosed. Cook on the barbecue for 10 mins until you hear them sizzling. Serves 6.

Fennel & sunflower seed slaw

■ Mix **½ tbsp white wine vinegar**, **1 tsp Dijon mustard**, **½ tsp sugar** and **2 tbsp yogurt**. Finely slice **2 fennel bulbs** and **1 red onion** and toss in the dressing. Add a **handful of chopped parsley** and **mint**, and scatter over **2 tbsp toasted sunflower seeds**. Serves 4.

Pearled wild rice salad

■ Cook **200g wild rice** following pack instructions. Drain, rinse and drain again. Mix **2 tbsp olive oil**, **1 tbsp pomegranate molasses**, the **juice of ½ lemon** and **1 tsp wholegrain mustard**. Mix with the rice, a **handful of chopped parsley**, **mint** and **coriander** and **100g pomegranate seeds**. Serves 4.



Carrot & sugar snap pea salad

■ Whisk **1 tbsp hoisin**, the **juice of ½ lime** and a little **grated ginger** with **2 tbsp cold water**. Mix **200g sugar snap peas**, **3 grated carrots** and a **large handful of chopped coriander** in a large bowl. Pour over the dressing and mix to coat. Serves 4.

Iced trifle slice

■ Serves 6-8 ■ Prep 20 mins plus overnight freezing ■ No cook **FREEZABLE**

2 tbsp toasted flaked almonds
100ml condensed milk
300ml double cream
1½ tbsp sherry
1 tsp vanilla bean paste or extract
a few drops of yellow food colouring (optional)
1 gelatine sheet
400g raspberries
3 tbsp icing sugar
12 sponge trifle fingers

- 1 Line a 900g loaf tin with cling film, then scatter in the almonds.
- 2 Divide the condensed milk and double cream evenly between two bowls. Add the sherry to one, and the vanilla and food colouring, if using, to the other. Put the vanilla mixture in the fridge to chill, and whisk the sherry mixture until thick.
- 3 Spoon the sherry cream over the almonds and level. Cover with cling film, then freeze for about 1 hr until firm.
- 4 Whisk the vanilla cream until thick, then spoon over the frozen sherry layer. Smooth the surface, then freeze for 1 hr until firm.
- 5 To make the raspberry layer, soak the gelatine sheet in a little cold water. Blitz half the raspberries in a food processor with the icing sugar and 2 tbsp water. Sieve into a small pan and heat gently to warm through. Once it starts to boil, remove from the heat. Squeeze the excess water from the gelatine and add to the purée, stirring until the gelatine melts.
- 6 Crush half the remaining raspberries and stir into the purée with the remaining whole raspberries. Leave to cool. Spoon the mix evenly over the frozen vanilla layer, lightly press in the sponge fingers, then cover and freeze until solid – overnight is best.
- 7 Remove from the freezer 15 mins before serving. Turn out onto a board, then peel off the cling film and slice using a sharp knife.

PER SERVING (6) 397 kcal, fat 31g, saturates 16g, carbs 27g, sugars 24g, fibre 2g, protein 5g, salt 0.1g

Pesto bread

■ Blitz **3 tbsp fresh pesto** with **50g butter** in a food processor. Cut **2 bake-at-home baguettes** at 2cm intervals, slicing almost all the way through. Fill the slits with the pesto butter. Bake at **200C/180C fan/gas 6** for 15 mins until golden and oozing. Serves 6-8.



Now is the time to think about making your Christmas fruitcake. When I used to make and decorate lots of cakes, I always used the summer holidays to bake my fruit cakes. One year I made 27. Once cooked, cool, wrap and store in a cool dry place. One less thing to think about!

My fruit cake recipe has been fine-tuned over many years and I've made dozens of Christmas, celebration and wedding cakes over the years and it always works out well.

RICH FRUIT CAKE

Ingredients

10 oz/275 gms Plain flour	1/2 teaspoon vanilla essence
1 level teaspoon mixed spice	2oz/50gms ground almonds (optional)*
1 level teaspoon salt	zest of 2 oranges
10z/25gms cocoa powder	8 oz /225 gms currants
8oz/225gms butter	8oz/225gms sultanas
8oz/225 gms soft brown sugar	10oz/225gms raisins
4 large eggs	4oz/100gms chopped candied peel
1 tablespoon black treacle	4 oz/100 gms glace cherries chopped
	2 tablespoons dark rum /brandy/whisky

Method

1. Sieve together all the dry ingredients together.
2. Cream together sugar, butter, treacle, vanilla essence and orange zest.
3. Beat in the eggs gradually to the creamed butter and sugar mix.
4. Stir in the sieved flour and other dry ingredients. (and ground almonds if used)
5. Mix in the dried fruits.
6. Soften the mixture with the rum or other spirit, if you prefer not to use alcohol use the juice from the two oranges you took the zest from.
7. Spoon the mixture into a well-greased and lined deep 8inch round tin.
8. Bake at 300f/150C/gas2 for 11/2 hours then lower heat to 275F/140C/Gas 1 for a further 21/2 hours.
9. Allow the cooked cake to cool in its tin before turning out wrapping and storing.

A fruit cake like this will keep indefinitely if correctly stored. Wrap in waxed / greaseproof paper and store in cool dry conditions. No need to freeze.

* Ground almonds add to the cakes keeping and cutting qualities but it really is optional.

This makes a 8inch square or 9 inch round, half the quantity for a 6 inch sq. or a 7 inch round.

Double the quantity for a 10-inch sq. or 11-inch round

Join Denman Meetings – these are coming up.....



Melanie's Talk on Suffragettes and the Suffragists – Votes for Women

Monday 3 August at 7:30pm - £5



Simon's Talk on Nazi Terror and Persecution - Sachsenhausen and the Concentration Camp System

Tuesday 4 August at 6pm - £5



Needle Felt-Along with Sue - Fantastic Mr Fox

Wednesday 5 August at 11am - £5



Kids in the Kitchen: Marshmallow Rice Krispy Cakes and Ice Lollies

Wednesday 5 August at 2pm - £5



Kids in the Kitchen: Scones and Snack Time Fondue

Wednesday 29 July at 2pm - £5



Simon's Virtual Walk Through Lambeth to Westminster Bridge

Friday 31 July at 11am - £5



Fun with Fat Quarters with Claire - Make a Face Mask and Spectacle or Phone Case

Friday 31 July at 1pm - £5



Friday Night Chill-Out with Elaine

Friday 31 July at 7:30pm - £5



Needle Felt-Along with Sue - Pigs

Saturday 1 August at 11am - £5



Cook-Along with Louise - Cheesy Treats

Saturday 1 August at 2pm - £5



Qigong with Elaine - 4-part Course

Monday 3 August at 11:30am - £20



Cook-Along with Kelly - Rainbow Meringue Kisses

Monday 3 August at 1pm - £5

The quiz answers are below for anyone who took part – how many did you get right.

Please take good care of yourselves and your friends.

Margaret Carter - Chairman - Tyne and Wear South Fed 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: 0808 2000 247



☐ Amy Winehouse



☐ Bonnie Tyler



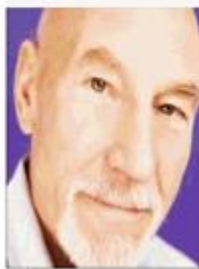
☐ Rihanna



☐ Nicole Sherzinger



☐ Susan Boyle



☐ Patrick Stewart



☐ Queen Victoria



☐ Nigel Farage



☐ Sean Penn



☐ Shakira



☐ Tony Hart



☐ Thomas Edison



☐ Zola Budd



☐ Ralph Wiggum



☐ Eugenie of York



☐ Sally Fields



☐ Sigmund Freud



☐ Shania Twain



☐ Seth Macfarlane



☐ Steve Jobs