

## News Bulletin 42

14<sup>th</sup> July 2021  
Charity Number 1099003  
Perth Green Community Centre, Inverness Road  
Jarrow, NE32 4AQ

Hello Everyone,

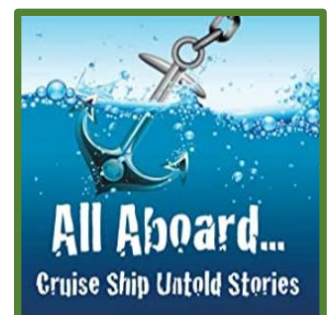
I hope you and your families are all safe and well, the lifting of restrictions for Covid is welcome but we still need to take care especially in light of the current infection statistics in our local area. Hopefully we can start moving towards some sort of normality, if and when your WI takes the decision to resume regular meetings, please let the office know so that we can have an up to date picture of activity within the Federation.

Thank you to all of you who kindly sent me birthday wishes last week, I was grounded because my car was being assessed for some work but I had a constant stream of visitors all day which was lovely.

Like many of you I have been caught up in the excitement of the Euro football competition. I am well known for my total lack of interest in sport but my two youngest grandsons have reached the age where they are avidly interested in football so if I want to be included in the conversation, I have to join the football chat. That said I have been so impressed with the fine young men representing our country in the current England squad. Apart from their obvious sporting skills, across the team there is such an array of charities and causes these sportsmen support and have worked hard to benefit they are a credit to their families, clubs and country. Well done to all of them in providing positive role models for younger generations.



I am looking forward to this week's zoom talk, 'Below Deck' about life behind the scenes of cruise ships, this promises to be very entertaining, so get a drink, put your feet up and prepare to be entertained.




Don't forget next week on Wednesday 21<sup>st</sup> we have the walk at Cleadon Hills, a chance to get out, blow the cobwebs away and catch up with other



WI members – see you at 10.30am in the Marsden Inn Car Park.



## Federation Dates for your Diary – all our zoom events are free

Date & Time	Event	ID/ Password Cost
Thursday 15th 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!	859 6474 3774 933143 <b>Free</b>
Wednesday 21 <sup>st</sup> July 10.30am	Cleadon Hill Walk. The route is a 5.28-mile ramble over the hills and the coastal path at South Shields. Meet at 10.30am at the Marsden Inn car park.	<i>(We will be walking in line with government guidelines)</i> <b>Free</b>
Saturday August 7 <sup>th</sup> 11am (note new time from 1pm)	 <p>WI Pride Party Picnic in the Park – Drewetts Park – known locally as Charlies Park is ideally situated between St Pauls Church Monastery and Jarrow Hall with its lovely garden. Jarrow Hall is also home to the well respected Hive Coffee Shop, so if you don't want to bring a picnic you can get food and drink there. There is lots of parking in the vicinity and the number 27 bus from Heworth metro stops right outside.</p>	<b>Free</b>
Wednesday 18 <sup>th</sup> August 2021 10.30am	Washington Riverside Walk – The route is 6.18 mile stroll along the river over the golf course with Penshaw monument in the distance. Meet at 10.30am at the Biddick Pub car park.	<i>(We will be walking in line with government guidelines)</i> <b>Free</b>
Thursday 16 <sup>th</sup> September 2021 7pm	The Plague Doctor exiled Geordie, living in the glorious Peak District.... and with a very entertaining and different story to tell.	840 6630 7320 212507 <b>Free</b>
Thursday 23 <sup>rd</sup> September 7pm	<p><b>Save the Date</b></p> <p><b>Annual Federation Quiz</b> - We have booked the bar area of Boldon Community Centre for our annual Federation quiz. Add the date to your diary – there will be more details in the next bulletin but have a think about taking part – it's always a good night.</p>	TBA

Thursday October 21 <sup>st</sup> 6.45	Autumn Council – with a special speaker for Halloween - Adrian Perkins. please register with the office beforehand as places are limited. There is also a Competition and all the entries will be shown in the meeting along with the results. Ring the office for further details.	Issued once requested <b>Free</b> <b>These spaces are going fast so book as soon as possible.</b>
Saturday November 6 <sup>th</sup> 10 - 4	Christmas Craft Day – make a variety of Christmas crafts in the office, bring your lunch, all materials are supplied and take some wonderful decorations home. First come first served basis as numbers are limited	£10.00 per person Payable through the office <b>These spaces are going fast so book as soon as possible.</b>
Friday November 26th 6.30	PANTO at the Customs House, South Shields Rapunzel – Bring your family and friends. Closing date end of August 2021. Order your ticket directly from the Federation office. All bookings to accompanied with name, contact number/email address, number of tickets required and the <b>full</b> cost of the tickets. Confirmation will be given once this information is received. Tickets will be issued on the night.	£16.00 per ticket including ice cream

**Tuesday 20th July at 7pm** - Washington Station WI invites you to join them to hear their speaker **Andy Thomas - The Story of English Freedom**. From the rebellions of Boudicca against Roman invaders to Magna Carta, from revolutionary ideas put forward in Cromwellian times to influential movers and shakers such as Thomas Paine, the Suffragettes and George Orwell, Andy shines a light on the most significant leaps of the centuries and sees how they still resonate today and why. Please contact Elaine Wright, President, on email - [elaine.wright22@yahoo.com](mailto:elaine.wright22@yahoo.com) for the zoom link if you wish to join us. The link will be sent out over the weekend.



Denman At Home. <https://www.denman.org.uk/calendar/>

July 21, 2021	
all-day	● Online Course : Creative Photography with Janine – 6 Part Course
all-day	● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Daytime)
all-day	● Online Course : Qigong with Elaine – 6 Part (Daytime)
all-day	● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Evening)
all-day	● Online Course : Claire's Make Do & Mend – Alterations (Evening)
all-day	● Online Course : Cook-Along with Alex – Summer Salmon with Sweet & Sour Pepper Chutney
all-day	● Online Course : Martin's Talk on Astronomy Before the Telescope



Denman are still running a wide variety of courses, Wednesday 21<sup>st</sup> July has some different ones which may be of interest to you.

## Read and Rhyme.

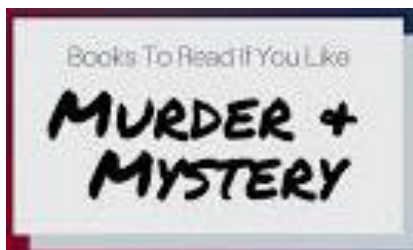


This poem was written by a WI member in Norfolk and it sums up the feeling of many of us.

### **No previous Experience Necessary**

I've never worn pearls or owned a twin suit  
I'm not good at cooking cake made with fruit  
I have no idea what to do with flowers  
And to do a crossword would take me hours  
My house is slightly tatty round the edges  
And there are several dead flies on the window ledges  
I wouldn't know what to do with a lump of dough  
And I am very limited to what I can sew  
However I do like making new friends  
And my ideas for recycling never ends  
I have heard interesting talks  
And been on sponsored walks  
I've become far more socially aware  
And had too much tea and cake but I don't care  
After 100 yrs plus it is still going strong  
So they've obviously not done anything wrong  
I'm so glad I joined the WI  
Why don't you give it a try ?

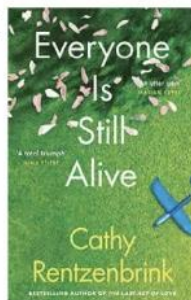
Written by Valerie Hughes  
For the FB group " Unofficial Women's Institute -WI"



## **Everyone Is Still Alive**

by Cathy Rentzenbrink  
(£14.99, HB, Phoenix)

Juliet, Liam and their young son move into Juliet's late mother's house on Magnolia Road, where it seems lots of families are living 'happily ever after'. But while stay-at-home dad Liam seems to be getting to know the local mums, Juliet is dealing with grief and with being a mother. It soon becomes apparent that everyone is struggling in their own way and, when tragedy strikes, everything is thrown into perspective. Full of wisdom, you'll be clutching onto this book for a long time afterwards.



## **My Best Friend's Murder by Polly Phillips (Simon & Schuster)**

Bec and Izzy have been best friends their whole lives, but there is a darker side to their friendship. When Izzy's body is found at the bottom of the stairs, Bec is certain she'll be the prime suspect, because she knows that those closest to you can hurt you the most. A dark story about a toxic friendship.



## **The Second Woman by Charlotte Philby (Borough Press)**

Artemis moved to London to start a new life with her husband. Finally, she has escaped the ghosts of her past, until she is found hanging from the stairs. Two decades later, the apparent suicide of an heiress mirrors Artemis' death. Officer Madeleine Farrow begins to pull apart the web of deceit surrounding the two women. Brilliant.





Happy 70th birthday to our hardworking Board member Margaret Fullerton. We all hope you had a fantastic day.



Three unusual recipes this week, the first one you'll love or hate depending on your

opinion of Gorgonzola, personally I love it but think I'm maybe in a minority! The other two are interesting cakes in case you are bored with baking the same things again and again.



## Gorgonzola frittata



**SERVES 6**

**INGREDIENTS**

- 6 eggs
- 1 tbsp plain flour, sifted
- 100g pecorino cheese, grated
- A handful of chopped flat-leaf parsley
- A handful of basil leaves, plus extra to serve
- 1 tsp flaky salt
- A good grind of pepper
- 3 tbsp olive oil
- 2 shallots, peeled and finely chopped
- 3 courgettes, cut in 1/2cm thick slices
- 200g Gorgonzola cheese

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Whisk together the eggs, flour, grated pecorino, chopped parsley, basil leaves, salt and pepper.
3. Heat the olive oil in a large frying pan. Sauté the chopped shallots until just transparent then add the sliced courgettes. Sauté until browning lightly but not quite cooked through.
4. Leaving the pan over the heat, evenly pour in the egg mix. Cook for 2 minutes until the eggs are slightly bubbling around the edge. Crumble the Gorgonzola over the frittata then place in the oven. Bake for 8-10 minutes, until fully set.
5. Allow to cool for 5 minutes then serve scattered with basil leaves.

## Yossy's olive oil, rosemary and yoghurt cake

A light, delicate cake with a tender crumb and a lovely fresh, herby flavour. Serve with poached fruit and extra yoghurt.

**Serves 8-10**

**2tsp finely chopped fresh rosemary**  
**Grated zest of 1 lemon**  
**200g sugar**  
**175ml olive oil**  
**55g butter, melted, plus extra for greasing**  
**4 eggs**  
**240ml natural yoghurt**  
**225g 00 or plain (all-purpose) flour, plus extra for dusting**

**2tsp baking powder**  
**Icing sugar, for dusting**

**You will need:**

**A 23cm cake tin or Bundt tin, greased with butter and lightly floured**

**1** Preheat the oven to 180C/Gas 4. Mix the rosemary, lemon zest and sugar together in a mixing bowl. Whisk in the olive oil and the melted butter. Add the eggs and whisk for 30 more secs.  
**2** Whisk in the yoghurt then fold in the flour, baking powder and a pinch of salt. Pour the batter into the prepared tin; level the top.

**3** Bake for 45 mins, using a skewer or spaghetti strand to check it's done. Allow to cool in the tin for 10 mins before turning out on a wire rack to cool completely. Dust with icing sugar. >>





## Crostata di marmellata

Crostata is the grown-up, enlarged, Italian cousin of a jam tart.

**Serves 12**

### For the sweet pastry:

500g 00 or plain flour  
150g icing sugar  
300g butter  
1 whole egg and 1 egg yolk  
Zest of 1 lemon

### For the filling:

1 jar (280g) of your best jam  
1 egg white, beaten, to glaze

### You will need:

**A 23cm fluted tart tin with a removable base**

**1** For the pastry, put the flour, icing sugar, butter and a pinch of salt in a food processor and pulse until the mixture has the texture of fine breadcrumbs. Add the whole egg, egg yolk and lemon zest, and blend until it comes together as a dough.

**2** Remove from the processor and shape into two equal rounds. Wrap each round in cling film and chill for 35 mins. Roll out one round to 3-4mm thickness and line

the tart tin. Trim off the excess and save it for the lattice top. You may need to use a sprinkling of flour on your work surface and rolling pin if the pastry starts sticking.

**3** Place the pastry-lined tart tin in the fridge to chill, then roll out the second round of pastry plus any excess and cut into strips for the top.

**4** After 10 mins of chilling, spread the base with the jam. Arrange the lattice strips on top, pressing the edges well into the dough to seal. Brush the lattice with egg white then return to the fridge.

**5** Preheat the oven to 190C/Gas 5. Bake tart for 20-25 mins, until golden brown.



## Postbag

Hi Joanne, - Just a little note to say a BIG thank you for working from your space room - dedication indeed. The newsletters you and Margaret have organised, edited, and sent through to us have been such a great connection for us all here out in the pandemic wasteland. Hopefully, we will be back together soon. In the meantime, roll on addition 42!! Take care and stay safe,

Lynda Alexander

## National WI News – New Activity for any photographers or artists out there,



The NFWI Activities Committee, are delighted to announce the start of an exciting new partnership with Hundred Heroines. The aim of this partnership will be to offer WI members a range of opportunities to learn and develop their skills in photography and art, whilst raising

both individual and organisational awareness of the barriers faced by women and non-binary photographers around the world, challenging the way we see the world, push personal boundaries and highlight human rights issues. A formal partnership announcement and project launch will take place later this year (September 2021), until then, we are encouraging federations and WIs to familiarise themselves with the work of Hundred Heroines by taking part in the activities being offered in support of current projects – please follow the link below to a specially formed WI board; this will be dedicated to WI members and where posts on events, opportunities, calls to action and creative projects will be uploaded.

[Women in Photography - Hundred Heroines](#)

As the partnership develops, we will be uploading all projects, information and announcements onto My WI and social media, so please encourage your members to keep an eye out for updates.

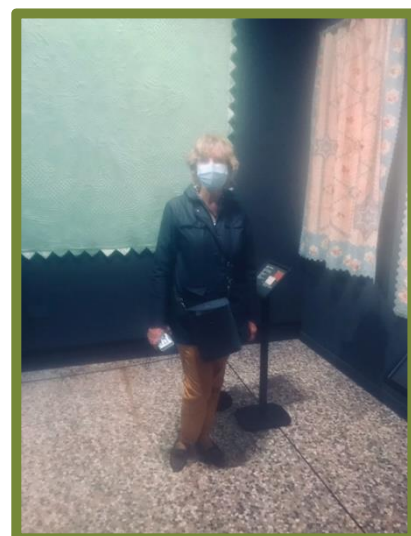
Details of the formal launch will be announced in the coming weeks, in the meantime could we kindly ask that you cascade this email to your WIs and fellow members.

## Federation WI News



Liz Matthews of Washington Station sent this picture of a knitted bunch of flowers she spotted at St Abbs in a coffee shop, and she could not resist taking a picture of it. Liz is not a great knitter but could imagine the work that went into these. Have you seen any other things that you think WI members would like to see? Send them into the office and we can share them.

Sandra Scott and Sue Palmer paid a visit to the Northern Quilts exhibition at Bowes Museum after reading about it in the Durham Federation newsletter. The display is stunning ! You are taken on a little journey through quilting history beginning with one made by Hannah Haxwell's grandmother through to some modern abstract designs. Well worth a visit.



# 100 YEARS

At long last Hylton WI have been able to celebrate their centenary, at Causey Arch with a lovely afternoon tea and a wonderful cake. Congratulations ladies we are looking forward to seeing you soon.



Many thanks to Maureen Ling who has sent his lovely piece in about what Cleadon WI have been upto. Well Done ladies !!!

### **CLEADON WI – A Togetherness Update**

Throughout the last year we have remained closer than ever as an indomitable group of friends, keeping in touch mainly through our weekly newsletter with interesting stories from days gone by, tales from our imaginations and puzzles to test our brains, not to mention the celebrations of our charitable achievements and regular telephone contacts.

As we emerge from the depths of Covid restrictions, we are tentatively raising our activities toward the reintroduction of normality, there is excitement amongst our ladies and expectations of afternoon teas, speakers, and outings beyond the garden gate! As the committee we have an incredible expectation to live up to, so we had better get cracking.

Our first step in responsibly planning our return was the gathering of the committee, how exhilarating it was to formally get together with friends and colleagues in one of our gardens, (socially distanced of course!) and to discuss how we were going to bring our ladies back together and doing what we have always done, have fun! For this meeting, as you can see in the photo, we were blessed with the weather and achieved much in planning our resurgence.



One of our first agenda successes has been the introduction of Coffee and Cake groups, meeting in clusters of 6 and rotating the ladies each time to ensure fairness all round. This has proved tremendously successful in managing any anxiety from our ladies, about meeting in large groups too early, and yet hitting the target of getting our ladies back into circulation as quick as is possible. You can see here that everyone is enjoying the experience and of course, the cake.

Although we have managed to keep our charitable causes supported throughout lockdown, just this last week have delivered 39 Twiddle Muffs to Harton Grange Care Home, knitted jumpers and cardigans to Pathways in South Shields, knitted babywear to the Women's refuge in South Shields and donated ever needed toiletries to both Pathways and Refuge.



We feel so proud of what we have achieved in the past difficult months, supporting one-another, the local community, Key2Life Foodbank and remaining in high spirits. We are however especially proud of our ability to also recruit new like-minded ladies to our group, through the last few months we have added 5 new members to our team, we have 8 more actively waiting to join and we have had several expressions of interest through our Facebook page.

As a WI group, of course we enjoy having more members, but we can be especially thankful to the efforts of our 'Friends of Cleadon WI' who have continued to support us with our charitable efforts, many of which live local although, our most distant contributor is Sue in Worcester (our treasurer Jane's sister). We are very much a WI Together.

## 10 WAYS WITH STRAWBERRIES

Quick ways to enjoy this seasonal berry

Don't let the fact that Wimbledon has finished stop you from enjoying these summer beauties.

### Strawberries with red wine & vanilla

■ Halve **250g strawberries** and mix with **3 tbsp red wine**, **3 tbsp sugar** and a **drizzle of vanilla extract**. Leave to marinate for 1 hr, then serve with **vanilla ice cream**. Serves 2-3.

### Boozy strawberries & cream

■ Mix **300g strawberries**, **50ml orange liqueur** and **1 tbsp sugar**. Whip **300ml double cream** with **1 tbsp icing sugar**, then gently fold through **100ml crème fraîche**. Pile in bowls and top with the berries. Serves 4.

### Strawberries & prosciutto

■ Instead of melon & prosciutto, try serving **strawberries** instead.

### Dark chocolate & strawberry fondue

■ Melt **200g dark chocolate** with a small pot **double cream**. Pour into a bowl and serve with **strawberries** and **marshmallows** for dipping.

### Strawberry quesadilla

■ Spread **50g soft cheese** over half a **large tortilla**. Top with **75g mashed strawberries** and sprinkle with **sugar**. Fold in half then heat in a frying pan for 30 seconds each side. Cut into wedges. Serves 1.

### Strawberry & banana smoothie

■ Pour **500ml milk** into a blender. Add **250ml strawberry or vanilla yogurt** with **2 bananas** and **8 large strawberries**. Blitz until smooth. Serves 3-4.

### Strawberry vinaigrette

■ Blitz **200g strawberries** with **2 tbsp each honey, cider vinegar** and **olive oil** with seasoning to taste. Serves 8.

### Roasted strawberries

■ Arrange **400g strawberries** in a single layer in a roasting tin and sprinkle over **2 tbsp sugar** and **2 tbsp water**. Roll the strawberries around in the tin until well coated, then roast at **200C/180C fan/gas 6** for 20 mins until soft but holding their shape. Serve on **porridge** or **yogurt** for breakfast. Serves 4.

### Strawberry crunch

■ Spread **1 tbsp Greek yogurt** on a **digestive biscuit**, top with sliced **strawberries** a little **sugar** and some chopped **mint** if you like. Serves 1.

### << White chocolate & strawberry mousse

■ Purée **350g strawberries** with **2 tbsp lemon juice**. Sprinkle **12g powdered gelatine** over **50ml water** and leave to soak 5 mins. Gently warm **150ml double cream** with **25g icing sugar**, add the gelatine, and stir until dissolved. Melt **250g white chocolate**, stir into the gelatine until smooth, then add three-quarters of the **strawberry purée**. Fold in **300ml whipped double cream**. Spoon into four tumblers, and chill until set. Slice **some berries** into the purée and spoon on top of each mousse to serve. Serves 4.



Well, how is your Plastic free July going? I'm trying but it is difficult. Here are some more eco tips to help us contribute to the health of the planet.

# GREEN *made easy*

Simple ways to help save the planet with eco expert Rae Ritchie



## *Reject receipts*

A recent survey found 95% of Brits recycle receipts. However, around half of the 11.2 billion till receipts produced by UK retailers every year are not compatible with recycling.

The inkless technology commonly used in printing them requires thermal paper containing BPA and BPS, toxic chemicals banned from plastic water bottles. This paper can't be recycled. And, whether sent to landfill or recycling centres, BPA and BPS can contaminate other materials or get released into the air.

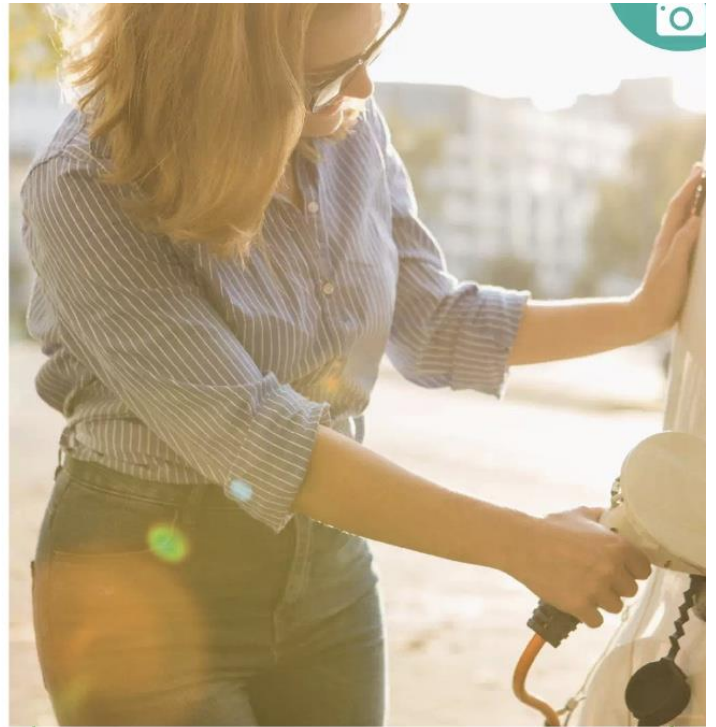
So, instead, either say no to a receipt, or opt for an electronic one.

## *Coming to your kitchen*

**A new wave of appliances, currently being crowdfunded to get to market, could transform the future of household waste and recycling:**

✦ **Lomi, a countertop device that looks like a bread bin, turns food scraps, organic waste and bioplastics into compost at the touch of a button.**

✦ **Lasso looks like a retro fridge but when an item is inserted, it detects its materials and stores like with like, ready for recycling.**



## *MOTORING MYTHS*

Electric vehicles have a crucial role to play in reducing carbon emissions, but new research has revealed two misconceptions that put people off making the switch.

The first is charging costs. Almost two-thirds of those surveyed believe it would cost up to £50 to fully charge an electric car at home. The actual cost? In the range of £6 to £17 per charge – compared with an average of £23.20 to fill a tank.

The second relates to journey length. More than a third of people said distance per charge was the biggest barrier to going electric. Yet, this is no longer the issue it once was, with some models now able to travel up to 270 miles on a single charge – which is enough to get from Sheffield to Edinburgh.

## 3 ECO-FRIENDLY BUYS TO TRY

### GREEK SKINCARE

Get a holiday vibe at home thanks to Kear. Produced exclusively in Greece, the range is inspired by the region's ancient skincare formulas and uses only locally sourced raw materials. Products are paraben- and petroleum-free, and in glass and wood packaging; [wolfandbadger.com](http://wolfandbadger.com)



### GREENER GLASSES

Online glasses retailer Glasses Direct and Cornish social enterprise Waterhaul have joined forces to produce sustainable specs. Waterhaul create 100% recycled plastic frames from discarded fishing nets, and this collaboration means these are now available with prescription lenses; glasses [direct.co.uk](http://direct.co.uk)



### BUY PLANTS, PLANT TREES

Founded last year by a former pilot who decided to ditch planes for plants, Pointless Plants donates 10 trees to a Madagascar reforestation project for every purchase – contributing over 30,000 already. So even if your green fingers fail, you've still made a positive contribution; [pointlessplants.com](http://pointlessplants.com)



I couldn't resist sharing this with you, as my birthday is July 7 it's only fitting that I acknowledge World Chocolate Day, after all I'm no stranger to the product!

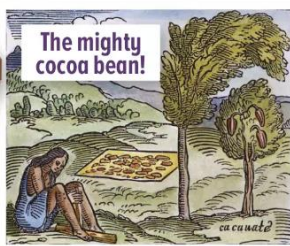
## Lifestyle

# Chocs AWAY!

Chocolate  
is happiness  
that you  
can eat

**It's there throughout times of heartbreak, happiness and boredom, so grab a bar and celebrate World Chocolate Day on 7 July!**

**C**ould you imagine how fantastic it must have been to be the first to discover this sweet, addictive delight? Though it wasn't neatly packaged in a shiny wrapper in perfect milky squares when it was first found. Back in around 250 AD the ancient



Aztecs living in the Mesoamerican region, now known as South America, the cocoa seed was first cultivated. They believed it was a gift from the gods. A popular use for it was to make a chocolatey drink for the warriors to have after battle. Also, it was used during religious rituals and eventually the cocoa beans were used as currency – at a higher value than gold.

## MELT IN THE MOUTH TRUFFLES

MAKES 20

These chocolate truffles are easy and quick to make. No baking required! For more recipes visit [bakingmad.com](http://bakingmad.com)

### YOU'LL NEED...

- 150g milk chocolate, in chunks
- 130g Madeira cake, in fine crumbs
- 1tsp almond extract
- Decorate with: grated dark chocolate, chocolate sprinkles, cocoa powder or sugar strands.

### METHOD...

1. Melt the chocolate over a pan of simmering water.
2. Add the Madeira cake crumbs and almond extract to the melted chocolate. Then set aside and leave to cool slightly.
3. Shape the mixture into small balls and decorate with toppings of your choice.
4. Leave in the fridge to cool for 30 minutes. Then, tuck in!



## A CHOCOLATEY EXPERIENCE

Hotel Chocolat are offering a virtual chocolate tasting experience from the comfort of your own home! During this interactive chocolate tasting, hosted by a live chocolate expert, you will learn about the world of chocolate whilst interacting with friends, family or colleagues.

Book now for £20 from [hotelchocolat.com](http://hotelchocolat.com)

Indulgent and  
informative



## OUR TOP PICKS!

Strawberry champagne white chocolate, £4.50, [lovecocoa.com](http://lovecocoa.com)



M&M's head, £16.99, [sweettreebubrowns.co.uk](http://sweettreebubrowns.co.uk)



Malteser drizzle tree, £22.95, [sweettreebubrowns.co.uk](http://sweettreebubrowns.co.uk)



Giant brownie box, from £19.99, [bobbiesbrownies.com](http://bobbiesbrownies.com)



Here's a bunch of interesting facts! If my brains generating 50, 000 thoughts a day it's no wonder I'm exhausted by bedtime!

**WOW!** An individual blood cell takes 60 seconds to complete an entire circuit of your body.

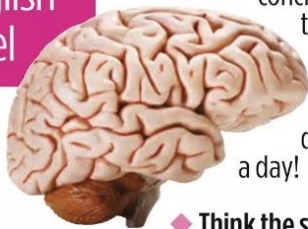


◆ There is an online course where you can learn the High Valyrian language in *Game of Thrones*.



On July 10 1940, the Luftwaffe made their first bomber attack on British ships in the English Channel

◆ The brain has been called a "random thought generator" and is believed to generate up to 50,000 thoughts per day.



◆ The calcium in your bones and the iron in your blood came from ancient explosions of dying stars.

◆ Think the sun is yellow? It has all colours, but yellow and orange have longer wavelengths and reach our eyes, while the other colours are scattered by Earth's atmosphere, making the sky look blue.



Astronauts have said there is a smell that hangs around after space walks that they liken to "hot metal" and "searing steak"

◆ On July 10 1958, the first parking meter was installed, with a charge of 6d (2½p) for the first hour.

◆ The average brain is 2% of the body's weight but uses 20% of its total energy intake.



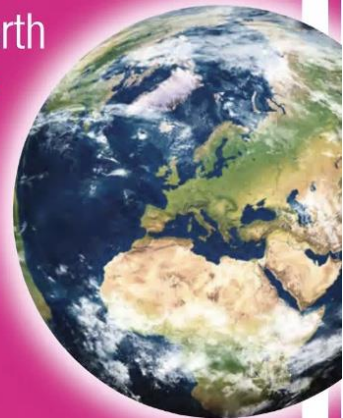
◆ The word "hipster" to describe someone who tries too hard to be cool and trendy, dates back to the 1930s, referring to someone in the jazz scene.

**WOW!** Ants have an internal pedometer that helps them keep track of their travels and helps them find their way back home.



◆ A 2013 study recorded young children and came to the conclusion that they ask an average of 300 questions a day!

We walk on an Earth that has seen the extinction of 99.9% of all species that ever lived on it. We are one of 0.1%... so far...



◆ Motor cars, invented in New York, were the solution to the pollution of the time – streets were overflowing with horse manure!



◆ The Twitter bird's official name is Larry.

True berries stem from a single-ovary flower with two or more seeds, so strawberries and raspberries are not berries, but bananas, kiwis and watermelon are!

# SEARCH ME!

Can you find the gymnastics words in the grid? They will be placed only once and may be either horizontal, vertical or diagonal and go either forwards or backwards. There is one word listed that isn't in the grid – can you work out which one it is?

APPARATUS	HORIZONTAL BAR
ARCH	IRON CROSS
BALANCE BAR	PARALLEL BAR
CARTWHEEL	POMMEL HORSE
DISMOUNT	RINGS
FLEXIBILITY	ROUTINE
FLOOR EXERCISE	SOMERSAULT
FLYAWAY	STRENGTH
FRONT PIKE	TWIST
HANDSPRING	UNEVEN BARS

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

## Pathfinder

Beginning with the highlighted letter, follow a continuous path to find the words relating to country living. The trail passes through each and every letter once and may twist up, down or sideways but never diagonally.

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

CATTLE GRID	LANE
CHURCH	LODGE
COTTAGE	LYCHGATE
DAIRY	MANOR
DOVECOTE	MILL
FARMER	POND
FIREPLACE	RURAL
FORGE	STILE
HAMLET	THATCH
IDYLIC	VILLAGE GREEN
INGLENOK	WOODLAND

And last but not by no means least.....

# **The time has come... For a new WI in Boldon**



The Federation is committed to opening a new WI in the Boldon Area.

We held an introductory meeting just before lockdown and we feel its time to take it further so we have booked some dates in the Robert's room of Boldon Community Centre.

**Tuesday 21<sup>st</sup> September 2021 7pm**  
**Information and Expression of interest meeting**

**Tuesday 12<sup>th</sup> October 2021 7pm**  
**Inaugural meeting of the New WI**

We would like you to share this information with anyone you think will be interested and encourage them to come along. Contact Margaret Carter for further details.

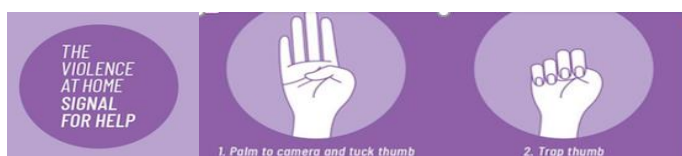


Onwards and upwards !!!!

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

Office number 0191 5845814 Margaret Carter 0191 4165269, 07718 231984

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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