



Hello Everyone,

Well here we are at Issue 12, I hope you are enjoying these news bulletins and they are giving you some ideas to keep you occupied during these strange times, I certainly didn't envisage when we closed the office that we would still be all separated 3 months later. However, we have to celebrate the fact that we are able to stay in contact in so many different ways.

I was so looking forward to the Summer Solstice party we had planned for June 20th and I was saddened to cancel it. However, all is not lost – regardless of the virus, the summer is still coming and we can still take some joy from these days. NFWI have organised a virtual festival for us – **Summertime tWist**, taking place on Saturday June 21st from 11am where there will be a lot of fun, music, food, dancing- what's not to like? Read below for all the details.

Starting at 11am on Saturday 27th June 2020, we want to bring together members, friends and family for a virtual festival!

The aim is to inspire and encourage you to have a mini festival at home, whether it's in your garden with a tent to sleep/party in, or in your own homes, it doesn't matter where just as long as there is music, food and lots of fun! You can adapt the festival as you wish; National is helping by providing an abundance of projects and activities that will cover the many interests and skill levels of us all - craft, recipes - food and drink, exercise, activities and music. Work has already begun behind the scenes, advertisement, projects and recipes will begin being uploaded to My WI over the coming weeks, so National has requested to keep an eye out. In the meantime

Request 1...

Is there a particular song that makes you feel happy? One that reminds you of a memorable or funny time, makes you smile or simply gets your foot tapping? National are building a play list that members will be able to access via You Tube on Saturday 27th and would love to fill it with songs that fill you with smiles! So, please send in your songs.

Request 2...

Let's see some dance moves! Click on the link below and send in your clips of you getting down and having a boogie to the music - you can be as creative as you want; dance with your husband



theWI Tyne & Wear South

or partner, cat, dog, children, air-guitar or use a bottle as a microphone! National will compile a video mix of all your moves, which will be shown on social media and My WI to celebrate the day.

www.youtube.com/watch?v=2RicaUqd9Hg

The Deadline for both requests is Monday 22 June 2020 - please email your songs and videos to h.neal@nfwi-unit.org.uk.

Please help support this event; it would be wonderful if we can make this event as special and memorable as possible for everyone these uncertain times.

I am always amazed by the response I get to requests for help, last week, I mentioned a problem with my sewing machine, the news bulletin went out on Wednesday about 9.30am and by 11am the lovely Ann Clay telephoned me with a suggested solution – Thanks Ann.

In addition, the response to the request from Crawcrook Medical centre for masks had a great response, within an hour of publication, a number of WI's had shared the request on their facebook pages, Ruth Liddle of Rowlands Gill WI informed us they had already donated 60 masks, Helen Talbot of Fells Angels rang me for more details and by the end of the day Crawcrook's request was fulfilled. So much so we had a lovely thankyou email from Carol Gaston, who made the request.

“Hi Joanne

Wow - thank you and your ladies for the amazing response to our call for help. Helen Talbot (Gateshead Scrubs and Fells Angels WI) has contact me and is going to let me know when we can collect (she asked how many 100's we wanted) truly inspiring.

These ladies - all your ladies are simply the best, so quick to respond, and so very helpful, - truly heart-warming”

Carol Gaston

Medicus Practice

CBC Health Ltd

And so, a thank you from me too – the WI always steps upto the plate!



theWI Tyne & Wear South



Like many of you I have always been frustrated that Denman College has for a variety of reason, proved inaccessible to many of our members. I am delighted to see that Denman is now making short courses available on line, at the moment the offer is history, yoga and baking, costing £5.00 each you can access them by looking at the Denman website. <https://www.denman.org.uk/whats-on/>. This is one spin off from the pandemic that I hope will be developed in the future, I have already expressed that opinion to a member of the National Board of Trustees.



Congratulations

I am delighted to be able to inform you that Evelyn Clark, Board of Trustee member has now completed her training as a WI Advisor. I know many of you have met Evelyn, who has travelled around the Federation during her training and that you would join me in offering Evelyn all our congratulations and best wishes – Well Done Evelyn.



There are lots of learning opportunities available to us at the moment apart from Denman at Home I've mentioned the WI Wanderers on facebook before and I know that a number of you are participating in events that are available there. If you prefer to do something a bit deeper why not have a look at the free Open University (O.U.) courses ? There are a huge range of topics across art, history, science, business and digital skills. They range from 4 hours to 24 hours study and you can get a certificate at the end of the course. The great thing is the O.U.is highly respected and therefore the courses will be of a high quality.



Apparently the 6 – 12th June is food safety week, have you ever thought of getting a food hygiene certificate? It is a useful thing to have especially if you cook for anyone outside your home – it's not compulsory just good to have. You can do it online too, it costs about £20.00 and it is a registered qualification. It lasts about three to five years I think and you can update it online .



theWI Tyne & Wear South



Whilst you have been stuck in the house has your car been sitting idle on the drive? It's really important to make sure that you are keeping your car safe and well too !

Problems that can occur when your car isn't used:

- **Batteries can go flat**
- **Tyres can lose pressure and get flat spots**
- **Moving parts can start to rust**
- **Fuel can deteriorate due to condensation and oxidation**

Tips to keep your car ready to run:

- **Make sure your vehicle gets some usage**
- **if your household has multiple vehicles, alternate them when doing your essential trips.**
- **When leaving it parked, have the fuel tank at least two-thirds full.**

If you are worried about your car our good friends at Kwik Fit are always willing to help. If you ring up to make an appointment you can arrange to take your car in for a number of free checks – tyres, brakes, levels and if your WI hasn't taken advantage of Kwik Fit's offer of a free training session it's definitely worth it. They will book you in for an evening workshop and teach you some basic car maintenance.



This week's recipe. Given that its **National Gin Day** on Saturday 13th June, we've hit the summertime and the **Summer TWIst virtual festival** is coming up why not try some **infused gin**;

Choose your gin: The best quality ingredients are likely to give the best results in terms of flavour, but don't go to spend happy. Try to pick a clean-tasting, uncomplicated gin. A product with strong botanical flavours might not mix well with extra additions, whereas a classic London Dry-style gin with more neutral notes would take on flavours better.

Choose your flavours: Gin traditionally contains juniper, coriander and cardamom among its spices, so choose a flavour to complement the natural elements of mother's ruin. Seasonal flavours should be your first port of call for flavour inspiration. Keep your eyes on the hedgerows for berries, elderflowers and herbs that you could use. Some suggestions to get you started include Fruit: strawberries, blackcurrants, blueberries, Vegetables: rhubarb, chilli, celery, Herbs & plants: rosemary, thyme, lavender, mint, elderflower. Remember, the more you use the stronger the flavour. Use around 200-400g of fruit per litre of spirit.



theWI Tyne & Wear South

The bottling technique: Add your spirit to a Kilner jar or another sealable container. Make sure your kit is clean and sterile to avoid the spirit going bad. Then add your infusing ingredient and leave it to leach into the spirit. Rough time guide: Leave strong chilli, vanilla, cardamom or citrus for less than a day. Hardy spices and strong-flavoured veg will need five to seven days. Berries and strong fruit can take around three to four weeks to impart as much flavour as possible. Milder ingredients like apple or florals will take up to a month.

When you're happy with the flavour, sieve to remove any solids, then pass through a very fine piece of muslin or a coffee filter to get rid of any sediment.

How to store: If your bottles or jars are well sealed, strained correctly and kept in a cool, dark place, your spirits can keep for up to a year.

Raspberry Gin

350g raspberries

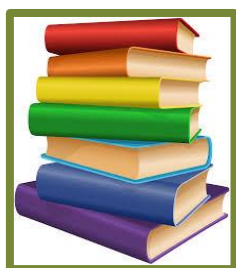
150g sugar

700ml bottle of gin

Method



Tip the raspberries and sugar into a 1.5L sterilised jar. Pour over the gin, seal the jar and swirl around to dissolve the sugar. Store in a cool, dark place and turn the jar once a day for the first week. After 2-3 weeks, strain the gin through a sieve. Pour the gin into mini bottles, and label. The gin will keep its vibrant pink colour for a few months and will be drinkable for a year. Use the boozy raspberries in a cocktail or trifle, or turn them into a granita.

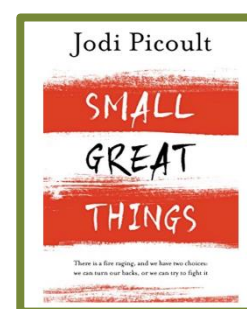


Read and Rhyme

Small Great Things by Jodi Picoult

Jodi Picoult is one of my favourite writers and she always writes about contemporary issues and moral questions I attended a talk she gave at Sage Gateshead just as this book

was published and she certainly made me think. It's perhaps a good read that gives some commentary on current race issues. The best books make you see differently. This is one of them. The eye-opening novel from Jodi Picoult, with the biggest of themes: birth, death, and responsibility. When a new born baby dies after a routine hospital procedure, there is no doubt about who will be held responsible: the nurse who had been banned from looking after him by his father.



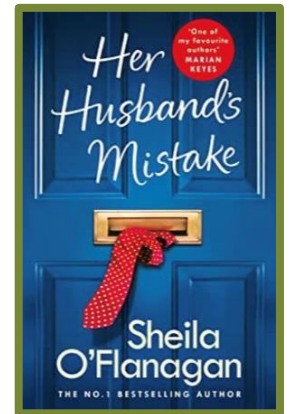


theWI Tyne & Wear South

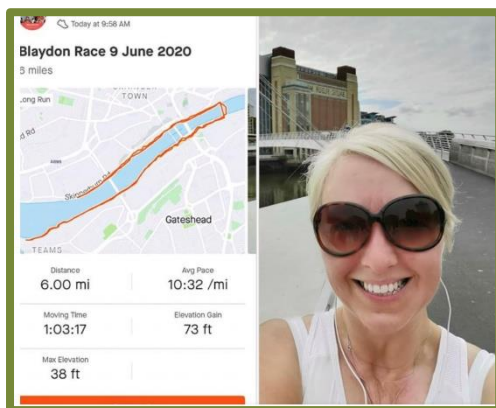
What the nurse, her lawyer and the father of the child cannot know is how this death will irrevocably change all of their lives, in ways both expected and not. *Small Great Things* is about prejudice and power; it is about that which divides and unites us. It is about opening your eyes.

Her Husband's Mistake – Sheila O Flanagan

Sheila O Flanagan always writes about families you can relate to. Here she reflects on the changing roles of people in families and the current challenges they face. Roxy's life changes the day her father is buried, her rock-solid marriage and family life is not as she thought. She has spent so much of her life looking after everyone else she has lost sight of who she is. It's a great read and if you like Marian Keyes you'll love this



What have you been upto?



You have been upto all sorts this week but firstly, I would like to say well done to Katherine Watson, President of Bowes Belles and BOT member who completed the Virtual Blaydon Race. Such an inspiration – I wish I looked that that after running 6 miles! You look amazing.

This week after getting the kind advice from Ann Clay – I managed to get my sewing machine sewing reasonably well and tried it out by stitching some ready cut squares together. There isn't a straight seam but the stitches are keeping the fabric together! I've also been trying some dies I bought ages ago, I made a little house shaped giftbox and I've tidied up my craft room too!



I've been keeping upto date with WI activities via facebook and after their curry night last week Jarrow WI had a pie night and I have to say they all looked delicious. Chris Olan send us this picture of her pie she didn't mention the type but it does look lovely.



theWI Tyne & Wear South

Win Warren from Gilpin WI sent me this lovely picture of a flower arrangement she made that included a family heirloom. Doesn't it look beautiful?



Whickham Village Belles had their first members meeting By Zoom this week, A talk on the history of Whickham and it was very well received. Dilly Dollies have had bingo and a quiz by Zoom and Sister of Shields soomed a tai chi session to their members.



Is it too early to mention Christmas: Annie Bain of Washington Station WI is getting ahead of all us with her Christmas cards? Annie in her own admission avoids paper crafts although she's a great cake decorator, she spent a Saturday afternoon making these and is justifiably proud of herself. Well done Annie.

Tania Le Marinel and Gillian Cain from Bowes Belles joined the watercolour painting workshop provided by Quirky Bird. This was advertised and organised through WI Wanderers. They look great – I might commission a piece for my house.



Sandra Scott of Fulwell WI has been making Covid nurse dolls, she was inspired by President Sue Palmer who made dolls for her twin granddaughters, they have brought lots of joy particularly to elderly people living alone, especially her own Mother.



Auriel Brown of Jarrow WI has made a handbag during lockdown and says:



'The bag is made with off cuts of tartan, the lining is a bit of floral curtain, the leather parts are from a leather jacket. It has zips down either side with a gusset so the bag can be made bigger to hide a bit of light shopping!'

I think she has excelled herself and Burberry need to watch out!

If no one hears from Rona Burr, Washington Concord WI its because her tomatoes and cucumbers have grabbed her and are holding her prisoner in the greenhouse – Beautiful plants Rona – another fan of Monty Don?





theWI Tyne & Wear South

Updates on Resolutions



In last weeks bulletin we informed you about the 2 resolutions which have now been adopted by the WI. This week and next, Christine Parker, our Public Affairs Ambassador is taking each one in turn and explaining the focus, concerns and what we can do as a Federation to campaign. This week she discusses the resolution **End Modern**

Slavery

So what is the focus for the resolution to end modern slavery?

The WI have proposed three aims:

1. The Government to protect victims of modern slavery
2. Deliver long term support to rebuild their lives
3. Members to raise awareness of the prevalence and campaign to defeat it.

What is modern slavery?

Modern slavery includes slavery, servitude, forced and compulsory labour, and, human trafficking. It is estimated between 10-13,000 people are currently victims in the UK. Where is this happening? Factories, fields, brothels, nail bars and in people's homes

In 2015 the modern slavery act was passed by the government. There were a number of changes included to make prosecuting traffickers easier and increasing sentences. However, the provision for victims was not included.

What are the current concerns?

- There is a need for more resources for police so they can investigate
- There are some issues over identification
- Protection and support for victims is patchy
- Protection of children is a concerns
- A charity; **Unseen** operates a helpline but has funding challenges
- In 2018 Unseen launched an app (unseen) to help people spot signs of modern slavery and report in confidence
- Support for victims is currently for 45 days: the time it takes to decide if the victim is a victim of modern slavery. There is no support after the 45 days.

What can we do in our federation?

Start to think about how you can raise awareness. What can your group do when planning for the coming year? How can you promote the app and the helpline? Go to the website www.unseenuk.org Read the stories of people they have helped and find out what modern slavery is all about.



theWI Tyne & Wear South

The Board of Trustees are having their regular monthly meeting this Wednesday, we are going to be looking at ways in which we can do some virtual Federation events over the coming months, so if you have any ideas we would love to hear them.

We have taken out an annual subscription to Zoom so that we can continue to use it after the health crisis has passed. I think lots of WI's will find Zoom helpful especially in the Winter months when the weather can be too nasty to travel. Six months ago we wouldn't have thought about this so at least the lockdown is developing our digital skills.



Did you realise that June is National Candy Month? An American celebration – but who cares, I am not proud, happy to fly the flag for candy eating!

Gummy bears, sour straws, chocolate—oh my! This June is National Candy Month, meaning you can eat all of these and more. Started by the National Confectioner's Association (according to them, they're "a trade association that advances, protects and promotes chocolate, candy, gum and mints"), the holiday celebrates the value candy adds to our lives. Candy has been produced for over 100 years, which means you have a lot of catching up to do if you want to eat it all. So, feel free to work your way through copious amounts of candy this June!

Scarlet and Marianne are now 11 weeks old and have been with Joanne for 2 weeks. They are settling in nicely – in fact the picture opposite shows them settling in too much – they now come into the conservatory to see what's going on!!!!



Unfortunately a sad note to end on, news came to us this week of two of our members who have passed away. Hayley Crawford of Rowlands Gill WI and Kathryn Oliver (opposite) of Fells Angels. We are all saddened to hear of their passing, both positive and active members of their WI's. R.I.P. Hayley and Kathryn you will be much missed by your WI friends.

Please take good care of yourselves and your families.

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