



Hello Everyone

I hope you are all well and safe. Here we are within week 20 of our news bulletin and it seems like we have settled into the new normal. Our lives are quite different to what they were a few months ago and it seems we must stay this way for a while longer. I am heartened to see the efforts that many of our WI's are making to keep in touch with their members.

The Board of Trustees are tentatively making arrangements to move back to the office as Perth Green is reopening this week. In order to keep everyone safe, the office will not be open to members until further notice. Joanne continues to have the phone re-directed to her mobile and of course we are always reachable by Email and via Facebook. On return to the office, hours will change to 9 – 4.30 on Tuesdays and Wednesday's, this means Joanne is working the same number of hours but her exposure to the risk of infection is restricted to two days. From the beginning of September these news bulletins will continue on a fortnightly basis which will free up some time for Joanne and myself to work on some other Federation work.

I am taking a little break this week and we have taken up residence in a little cottage in Grasmere in the Lake District with 2 of our grandsons. So far, we have taken a couple of walks and I have played in goal for the boy's football. The cottage has a huge back garden and they are learning to play cricket with their Grandad. There are obviously places that are very busy but we are able to keep our distance and only choosing to go to places when we know it will be quiet.



My photo last week has inspired some of you to go and have a hunt through old photographs. I love looking at the fashions and haircuts from when I was younger. Lynda Alexander from Washington Station sent us this picture taken a while ago, sitting on Elvis's Harley Davison in Memphis. She's hoping to go back in 2022. Let's hope things are more like normal by then.

There's no show without Punch – here's are very own Joanne sporting a lovely haircut, a boy's tee-shirt but wearing a brilliant smile. She thinks her Mam cut her hair when she was looking down to read a book hence why it is very short.



Look out for a competition soon to see if you guess who's who? but in the meantime, carry on sending your old pictures in.



Congratulations to Elaine Wright, our Federation Vice Chairman, President of Washington Station and her husband Steve who celebrate their Sapphire Wedding Anniversary this week, here's to the next 45! What a beautiful picture of them.

What have you been upto this week?

This photo shows some tabards for an African baby charity. There were made by Molly Godderidge, Washington Station WI member and her friends, some who live in other parts of the country. An excellent effort ladies – well done!



Sisters of Shields WI had a sip and paint session by Zoom with the Tiddly Painter. 19 members joined in and they had great fun and all produced works of Art. Well done everyone we will look forward to your first exhibition.

Things to do in the next few weeks

As it looks unlikely that many of our WI's will be restarting in the near future, if your WI is having a zoom event or any other event, and you have capacity why not invite other Federation members to attend? Just share the invitation via the Federation, email or Facebook. I am sure that many will appreciate it.

Do you like reading?

Did you know that you can join Gateshead Library free and online, even if you don't live in Gateshead? Go on, join today!

This month's book club book is The Art of Dying by Ambrose Parry, and is available via Borrow Box, Gateshead's digital collection which gives 24-hour access to both e-books and audio books COMPLETELY FREE! These download to your phone, tablet or laptop. They don't download to Kindle.

<https://www.gateshead.gov.uk/article/10240/Join-the-library>

TEAM FEDERATION



Want to get more out of being in the W.I.?
Why not join one of our committees?

The Federation committees have been reviewed and we are now organised into the following committees:

Membership and Current Affairs Committee

Deals with all WI issues like recruitment and retention of members, Advisers, IFEs, Annual Meetings, Campaigns and this committee is now open to all members
Meets bi - monthly 6 pm on the third Thursday of the month.

Events and Opportunities Committee

This committee arranges all the fun things like Visits, Quizzes, Afternoon teas, Craft groups, Workshops and Courses , and lots more social events that add to the benefits of being a WI member.
Meets every month 6pm on the second Wednesday of the month

Come and join us !

**Come and take part in planning activities
for the whole Federation**

**Contact the Federation Office or Margaret Carter
for more details.**

The pandemic has given a new dimension to the work of the Federation Board of Trustees and Committees. We are currently have: The Board of Trustees, the Events and Opportunities Committee and the Membership and Current Affairs Committee. The Committees were reconstructed at the beginning of this year at the Trustees strategic planning day when we planned out a whole years’ worth of activities, events and strategic development covering all aspects of the WI and our Federation – we didn’t plan the pandemic and as a result many of our plans were cancelled or halted.

Over the past 6 month we have had to develop a whole new normal and our world will never be quite the same again but our resolve to take our Federation forward is as strong as it ever was.

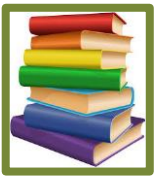
Could you contribute to our Federation Team?

We are looking for positive proactive women to be co-opted onto the Board of Trustees and to both of our Committees. Everyone has something to contribute whether your interest or experience is in arts, crafts, cooking, management finance, culture or sport we would love you to join us. Please contact me if you would like to join us or if you would like to chat about the opportunities. Don’t assume you have to have been a member for a long time. Give me a ring on 07718 231984, drop me an email macarter1@hotmail.co.uk or message me on Facebook. This is a chance to make even more friends in the WI, your skills are valuable, we need you.

Puzzle – Following on with the theme of gemstones - see how many more gemstones you can find in this puzzle!

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

- | | | |
|------------|---------|------------|
| AGATE | EMERALD | PEARL |
| AMBER | GARNET | RHINESTONE |
| AMETHYST | JADE | RUBY |
| AQUAMARINE | JASPER | SAPPHIRE |
| BERYL | JET | TOPAZ |
| CORAL | ONYX | TURQUOISE |
| DIAMOND | OPAL | ZIRCON |



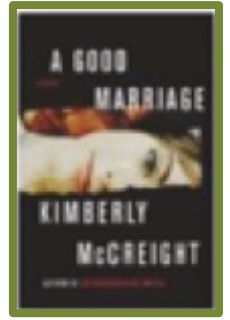
Read and Rhyme –

Another three excellent books for you to read this week – enjoy !

A Good Marriage

by Kimberley McCreight

McCreight is a master at building the psychological tensions as lawyer Lizzie is embroiled in the case of her old friend, Zach who is accused of murdering his wife. As Lizzie's journey to the truth gets darker, it's clear something isn't quite right with his story. It's chilling and well paced.



The Boyfriend

by Laura Southgate

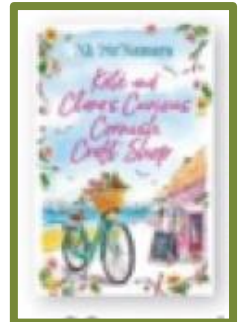
This is Laura Southgate's debut novel and relatable to all. It follows 17 year old Erica pull towards adulthood and the turmoil of emotion. Danny is 42 and has a charming presence that attracts everyone around him. A tale of sexual desire and the human capacity for healing and growth.

Kate and Clara's Curious Cornish Craft Shop

by Ali McNamara

Opening up a craft shop in the picturesque harbour town, Kate's mind is captured by a 60 – year old love story told via beautiful paintings and embroideries. It is clear her shop

has a mysterious history and when Jack, owner of the local shop offers to help they discover the shared similarities with Clara and Arty from the 1950's.



A poem for Tea

When the world is at odds
And the mind is at sea
Then cease the useless tedium
And brew a cup of tea

There is a magic in its fragrance
There is solace in its taste
And the laden moments vanish
Somehow into space.

The world becomes a lovely thing
There's beauty as you'll see
All because you briefly stopped
To brew a cup of tea

tea-enthusiasts.com



Post Bag –

“Thank you. Really enjoyed the news bulletin. Look forward to it more than good housekeeping!! Helps us all keep connected 🙌🙌🙌” Shirley Raad Bowes Belles

“Thank you for the updates and information it really does make me feel connected”. Gill Graham Washington Station.

Remember the ongoing things we are currently undertaking – please let us know if you wish to be involved with of them

- ‘Pen pal Scheme’ linking members from different WI’s, letters could be either by traditional means or e-mail.
- Boomers to Zoomers - 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. As a Federation we want to help anyone who needs a hand to become more proficient. We have asked if anyone needs group or one to one training on Facebook and Zoom.
- Craft Boxes – Some WI’s have agreed to do craft boxes each month - All to share ideas for craft boxes with the office
- 100 club
- Offer to hold a ‘show’ to show our lockdown crafts – this will probably take place once we get back to normal but it has given some members something to focus on.



It’s a few weeks since we have had a chocolate recipe and this is a corker!

CHOCOLATE HAZELNUT BROWNIES

Makes 9 large brownies

750g chocolate hazelnut spread
3 large eggs
105g plain flour
1 tsp vanilla
70g hazelnuts, chopped



1 Preheat the oven to 180°C/160°C fan/gas mark 4. Line a 20cm square tin with non-stick parchment paper.

2 In a large bowl, combine 450g hazelnut spread, eggs, flour and vanilla. Mix until well combine. Fold in 60g of hazelnuts.

3 Pour the mix into the prepared tray and spread evenly.

4 Bake for 20-25 minutes or until a skewer is inserted and comes out slightly gooey. Allow to cool fully in the tin.

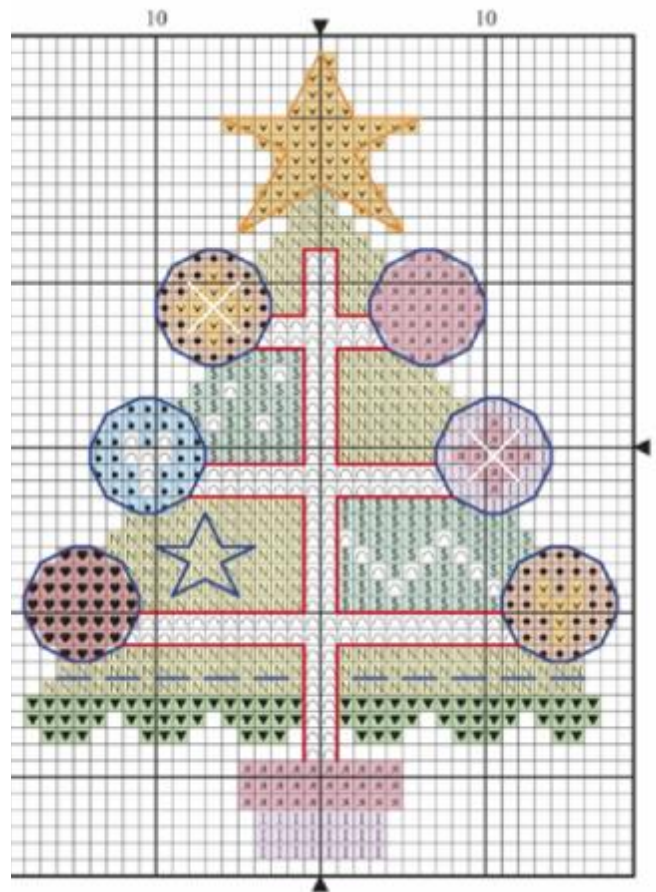
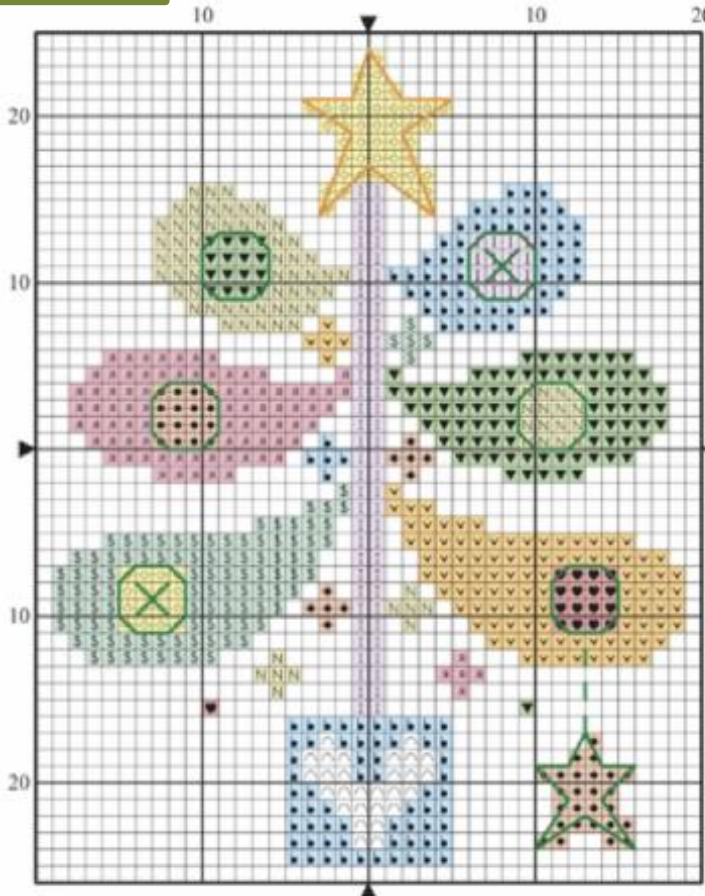
5 Warm the remaining hazelnut spread slightly in the microwave for 10-20 seconds.

6 Spread the hazelnut spread over top of the cooled brownies. Sprinkle on the remaining 10g of hazelnuts.

7 Use a sharp knife to cut the brownies into nine squares. Serve as is or warmed with some vanilla ice cream.



Christmas Corner – make an early start on Christmas Cards – if you need this pattern printed out larger please contact Joanne and she can pop one in the post.



Christmas trees key

✳ Cross stitch in two strands

	Anchor	DMC	Madeira	
1	85200	2401	white	
35	3705	411	red	
62	3805	703	pink	
108	210	802	lilac	
186	959	1113	emerald	
227	910	1302	mint green	
254	907	1301	green	
289	445	103	yellow	
298	972	107	orange	
329	3340	301	peach	
433	996	1103	blue	

✳ Backstitch in one strand







1	85200	2401	white
122	161	905	lavender blue
210	367	1206	almond green
227	910	1302	mint green
329	3340	301	peach

MAXIMUM STITCH COUNT 50 high x 40 wide

DESIGN AREA 14 HPI (28-count evenweave)
– 9x7.5cm (3½x2¼in)

These designs were stitched using Anchor stranded cotton

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

	Online Course : Cook-Along with Peter – Brazilian Feast Sign Up Now: £5.00 Starts: Wednesday, 12 August 2020 at 6:00PM Ends: Wednesday, 12 August 2020 at 7:00PM Available spaces: 148 Tutor: Peter Lien Join Peter as he demonstrates how to make 'Moqueca' - a delicious Brazilian Fish Stew. Recipe provided serves 2 so please increase quantities if desired. You can either sit back and watch the... Read More Read More Book Now		Online Course : Kids in the Kitchen : Nutella Brownie and Fruit Smoothies Sign Up Now: £5.00 Starts: Wednesday, 12 August 2020 at 2:00PM Ends: Wednesday, 12 August 2020 at 3:00PM Available spaces: 188 Tutor: Kelly Manger Join Kelly, pastry chef and mum to a 3 1/2 year old, for this fun family themed session during the summer holidays designed to include adult and child participation, however anyone is welcome. For... Read More Read More Book Now
	Online Course : Felt Jewellery with Sue – Demonstration and Q&A Sign Up Now: £5.00 Starts: Wednesday, 12 August 2020 at 11:00AM Ends: Wednesday, 12 August 2020 at 1:00PM Available spaces: 135 Tutor: Sue Pearl Join Sue as she demonstrates how to make fabulous felt jewellery to inspire you to make yourselves. For this class Sue has provided a list of materials for your information and it is advised that you... Read More Read More Book Now		Online Course : Fun with Fat Quarters with Claire – Make a Face Mask and Spectacle or Phone Case Sign Up Now: £5.00 Starts: Saturday, 15 August 2020 at 11:00AM Ends: Saturday, 15 August 2020 at 12:30PM Available spaces: 169 Tutor: Claire Salmon Join Claire for this make-along session to create your own matching must-have accessories for the summer. Choose some pretty cotton fabrics to make your own shaped face covering/mask and a padded... Read More Read More Book Now
	Online Course : Richard's Ukulele Sing-Along 4 Sign Up Now: £5.00 Starts: Friday, 14 August 2020 at 2:30PM Ends: Friday, 14 August 2020 at 4:00PM Available spaces: 160 Tutor: Richard Partridge Join Denman's popular ukulele tutor Richard Partridge in another Friday sing- and strum-along session on Zoom. The fourth session is all about public transport – in the days before face masks –... Read More Read More Book Now		Online Course : Peter's Talk on Belgravia & Kensington Palace Gardens Sign Up Now: £5.00 Starts: Thursday, 13 August 2020 at 2:00PM Ends: Thursday, 13 August 2020 at 3:00PM Available spaces: 136 Tutor: Peter Lawrence Join Peter Lawrence as he takes you on a tour of the London streets from his unique perspective, laden with interesting facts and anecdotes from his time working for Scotland Yard's Royalty and... Read More Read More Book Now

Quite a short but sweet bulletin this week, remember to send all your pictures and stories for next week.

Thank you for reading.

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

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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