



Hello Everyone,

Happy New Year, I hope you and your families are safe and well.

Well, here we are back in national lockdown and so there is no chance of meeting face to face for a while, but we are in a better position than we were this time last year – lots of digital contact, zoom and vaccines on the horizon so we just need to sit it out and be patient!

I think over Christmas Tesco had the best idea- after the year we had no one was on

the naughty list and I feel a bit like that going into the New Year. I have made no New Year resolutions we have enough to worry about without beating ourselves up for not keeping our promises to ourself. Instead, I'm going into 2021 continuing to do the best I can, trying to be kind and making an effort to stay safe and well, and if I manage that I will be doing OK. Take one day at a time and we will get through it.

Normally at this time of year we are renewing our subscriptions but because of the extension of the subscription year our membership fees are not due until the end of March 2021.

The consultation on constitutional changes needs to be with us as soon as possible, we have had a couple of replies from members which we have to collate and submit by 20 January so if you have anything to add to the debate please inform us as soon as possible.

Don't forget to zoom into the events put on for the Federation, our last Speaker Judy Theobald was very entertaining when she talked to us about the Joys of Christmas- we all enjoyed it and went on to make reusable Christmas Crowns which were much more effective than Christmas cracker hats! This month we have a Vegetarian cookery demonstration on Jan 28<sup>th</sup> please join us it promises to be very interesting. Sadly, the scheduled virtual craft session on Jan 9 won't go ahead as a result of logistic problems connected with Lockdown.

Lots of our WIs are having Zoom meetings and they often open the invitation to other WI's in the Federation; it's worth taking up these offers as its always very friendly and an opportunity to virtually meet members from other parts of the Federation.

If you want to travel further afield check out the WI Wanderers page on Facebook which collates open events across the country that you can participate in.



Margaret's two youngest grandsons, Carter and Marcus wearing their Christmas crowns and showing off their finished Christmas cakes with their handmade decorations on the top.

## National News

### **LADY DENMAN CUP COMPETITION 2020**

#### ***'What I heard on the bus...'***

**Schedule** -Using no more than 500 words, WI members were invited to submit a piece of writing, either comical, serious, fact or fiction, based on a conversation they have overheard, or imagined they had heard, on the bus.

The NFWI received 146 entries from 59 federations and the final results were...

First	Christine Greaves	Shropshire Federation
Second	Wendy Collyer	Hampshire Federation
Third	Cynthia Shaw	South Yorkshire Federation
Highly Commended	Clare Jordan	Cambridge Federation
Highly Commended	Ruth Butler	Devon Federation
Highly Commended	Anne Dupre	Jersey Federation

Despite our Federation submitting three entries we were just pipped at the post but well done to Carole Irwin from Fells Angels, Joan Dodds from Washington Station and our Joanne from Bowes Belles.

### **Resolutions Reminder**

Get your choice of potential resolutions into the Federation by January 18<sup>th</sup> 2021. All details in the latest edition of WI Life.

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



Denman are now offering e-vouchers, these gifts will give you access to the online adventures from the comfort of your home. From cookery courses, craft demos, to history

lessons and fun activities for all the family, fitness and even how to do cryptic crosswords which will keep you busy during lockdown.

### **Federation News**

Looking ahead to April when our Spring Council Meeting is scheduled, we will be having this meeting either physically or by Zoom. The Board of Trustees term of office ends then and it is an opportunity for anyone who would be interested to join the Board Of trustees or one of our Committees. The Events and Opportunities committee organises visits, craft events, and social events and we would love to have new members join this committee. The Membership and Public Affairs committee deals with all the fundamental activities of the WI Public Affairs, finance, day to day WI operation. If you

are interested in becoming an adviser, being an IFE or a general wish to give more to the WI this committee has space for you. If you're interested please contact Margaret Carter 07718231984 [macarter1@hotmail.co.uk](mailto:macarter1@hotmail.co.uk) for a chat or more information.

## 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.**



# Living in Lockdown

All members are invited to participate in this competition. We would like you to submit a photograph which shows us an aspect of 'Life in Lockdown'. We hope to make a printed display of these photographs at the Spring Council Meeting next April. If we have to have a virtual meeting then the photographs will be made into a video presentation to be shown during the meeting. Please accompany your photograph with an explanation – not exceeding 3 sentences, your name and your WI. The photograph must have been taken between March 15<sup>th</sup> 2020 and February 15<sup>th</sup> 2021. Photos to reach the Federation office by February 15<sup>th</sup> 2021 - **Great prizes for the winners.**



# WHAT'S COOKING?

A couple of lovely recipes to cheer up the dismal January days! Start the diet next month

## SQUIDGIEST-EVER BROWNIES

Dark, rich and oh-so gooey – these brownies are to die for!

MAKES 20

- ❖ 250g (9oz) butter
- ❖ 300g (10oz) dark chocolate, chopped
- ❖ 400g (14oz) caster sugar
- ❖ 5 large eggs
- ❖ 200g (7oz) plain flour
- ❖ 60g (2oz) white chocolate chips

For the topping:

- ❖ 175g (6oz) dark chocolate, chopped
- ❖ 125g (4oz) butter
- ❖ 1tbsp golden syrup
- ❖ White writing icing

You will need:

- ❖ 23cm (9in) square cake tin, greased and lined with baking parchment

1 Heat the oven to 160C/ Gas 3. Melt the butter and chocolate very gently in a pan. Stir in the sugar. Cool slightly, then gradually mix in the eggs. If it curdles, keep stirring and it will come back together.

2 Fold in the flour and stir in the chocolate chips. Pour the mixture into the tin and bake for 35-40 mins until just firm. Cool.

3 For the topping, melt the chocolate, butter and syrup together. Pour it over the brownies and spread until level. Pipe lines of icing on top in one direction, then drag a skewer backwards and forwards across the lines. Leave to set, then cut into squares.

PER SERVING  
422 cals, 25g fat, 15g sat fat, 45g carbs



**TIP** You could make these brownies without icing them if you prefer – they would still be very fudgy!



PER SERVING  
588 cals, 40g fat, 24g sat fat, 44g carbs

## FRUITY BREAD AND BUTTER PUDDING WITH CHOCOLATE

Bread and butter pudding is the ultimate comfort pud – but try adding layers of liqueur-spiked chocolate sauce to the mix.

SERVES 8

- ❖ 200g (7oz) dark chocolate, chopped
  - ❖ 75g (2½oz) unsalted butter, plus a little extra for greasing
  - ❖ 3tbsp citrus liqueur, such as Cointreau or Grand Marnier
  - ❖ 300g (10oz) fruited tea loaf, thinly sliced, then quartered
  - ❖ 3 eggs, beaten
  - ❖ 1tsp vanilla extract
  - ❖ 60g (2oz) caster sugar, plus a little extra for sprinkling
  - ❖ 400ml (14fl oz) milk
  - ❖ 300ml (½pt) double cream
- You will need:
- ❖ 1.5ltr (2½pt) shallow ovenproof dish, generously greased

1 Heat the oven to 180C/ Gas 4. Melt the chocolate and 30g (1oz) butter in a heatproof bowl set over a pan of simmering water. Remove from the heat, add the liqueur and stir until smooth.

2 Arrange a third of the tea loaf slices in the prepared ovenproof dish and spoon over half the chocolate mixture. Arrange half the remaining bread on top, spoon over the rest of the chocolate and top with the remaining bread.

3 Melt the remaining butter in a pan. Beat together the eggs, vanilla extract, sugar, milk and cream, then add the melted butter and whisk again. Pour the mixture over the bread and leave to stand for 30 mins, to allow the custard to soak in.

4 Bake for 40 mins or until golden. Leave to stand for 15 mins before serving the pudding sprinkled with a little caster sugar.

**TIP** If you're not keen on citrus liqueur, you could replace it with rum in the dark chocolate sauce.



## Federation Dates for your Diary –

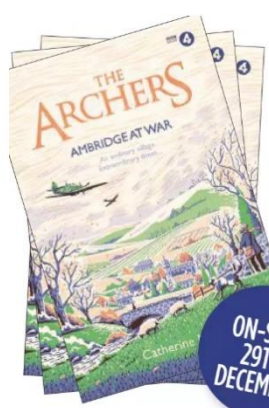
Date & Time	Event	ID/ Password
Thurs 28 <sup>th</sup> January 21 7pm	Cookery Demonstration (Vegetarian for Life)	867 9181 1224 vegetarian
Thurs 25 <sup>th</sup> Feb 2021 7pm	The Life and Loves of the Taxi Driver Poet – By James Haddow who performs original, light-hearted comic poems (like Pam Ayres does) interwoven with a narrative based on encounters he has with people (and life) and how they have inspired his poems.	811 2610 0142 932304
Thurs 25 <sup>th</sup> March 2021 7pm	Flower Arranging by Susan Elsdon demonstration with a spring theme and make a couple of designs and talk about seasonal flowers.	874 0252 9298 922786
April 10 <sup>th</sup> 2021	Spring Council/Social Meeting – Annual Meeting	Details to Follow

## CRAFT DEMONSTRATIONS

Sat Feb 6 <sup>th</sup> 2021 10.30am	Valentine Tokens	816 0790 7881 valentine
Sat March 6 <sup>th</sup> 21 10.30am	Easter Crafts	885 6437 7125 easter
Sat May 1 <sup>st</sup> 2020 10.30am	Faux Enamelling	870 5685 9801 enamel
Sat June 5 <sup>th</sup> 2020	Paper Roses	841 2831 2909 paperroses



### Read and Rhyme –



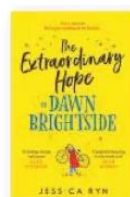
#### THE ARCHERS: AMBRIDGE AT WAR

by Catherine Miller (£12.99  
HB, Simon & Schuster)

You don't need to be a fan of *The Archers* to enjoy this. Set pre-1940 – before the first Radio 4 broadcast in 1951 – you'll meet the characters in their youth as the villagers contend with World War II and an influx of evacuees. It's a comfort blanket of a book with a rich vein of spicy intrigue.

ON-SALE  
29TH  
DECEMBER

For more books  
information see  
[goodtoknow.co.uk/  
books](http://goodtoknow.co.uk/books)



#### The Extraordinary Hope of Dawn Brightside

by Jessica Ryn (£12.99, HB, HarperCollins)

After running from her past for over 22 years, when Dawn Brightside is offered a bed at St Jude's Hostel for the homeless, there's light at the end of the tunnel, and it's here we meet a delightful cast of characters. With St Jude's threatened with closure, Dawn worries her world will crumble, but will



#### Pandora's Jar: Women in the Greek Myths

by Natalie Haynes (£20, HB,  
Pan Macmillan)

The Greek myths are cautionary and enlightening, but rarely focus on the women at their heart. Broadcaster, writer and avid classicist Natalie Haynes redresses the imbalance to show that Pandora, Medea and Athena may have had more nuanced stories than we realise. Humorous and comprehensible.

### News from our WI's



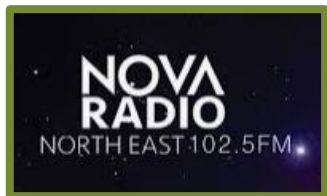
2021 saw Chilton Moor WI get off to a very happy start as member Mary Shearer celebrated her 90th birthday on January 5th. She is a positive role model and is a tremendous support to family, friends and Joan Brown, their President, as Joan has the privilege of calling her 'godmother'. Mary has always worked tirelessly over the years supporting charities, especially the Children's Society and St Andrew's Church Chilton Moor. We hope you had a happy day and we look forward to meeting up very soon.

However, they did have to say goodbye to friend Freda Keast who sadly died, aged 93, on December 20th after a long illness. Freda is photographed, ready for a WI Christmas party in happier times. She will be remembered with fondness for her friendship and for the courageous way she bravely fought her illness with determination and good humour.



Bowes Belles WI would like to invite you to join their January meeting via Zoom on Tuesday 12th January at 7pm. This is a thought-provoking talk on the Titanic conspiracy by speaker Tony Harris, dressed in top hat and tails as a Titanic first-class survivor. Despite the tragic loss of life, the talk is kept light hearted as Tony searches for the humour in the situation. If you're a member of a WI in the Tyne & Wear South Federation and would like to join us on the 12th January, please email [bowesbelleswi@gmail.com](mailto:bowesbelleswi@gmail.com) for joining instructions.

### **Things to keep you occupied**



Remember to tune into On Nova Radio North East, Sundays 2-4, where Julie Pendleton talks to Margaret Carter and always has a variety of interesting guests

The following are not WI events but look like fun anyway

### **Join My Online Choir! Choirmaster Online Zoom Sessions - Monday Evenings 7.00pm-8.30pm - Back for 2021!**

Join our online 'Zoom' Choir this January and let's start the new year with a bang! We need your support now, more than ever. Rehearsals are open to all skills and abilities! All you have to do is get in touch on 0191 243 86 55 or by email on [admin@thechoirmaster.co.uk](mailto:admin@thechoirmaster.co.uk). Alternatively, you can book and pay monthly online at [www.ticketsource.co.uk/northernarts](http://www.ticketsource.co.uk/northernarts) Please keep an eye on your emails prior to each session as we will send you details of how to access the lyrics and tracks etc. You will receive the unique password/link for the online session.

### **Line Dancing Classes - Wednesday Mornings 10.00am-11.00am**

Back by popular demand, our line dancing classes are now also moving into the virtual world! If you have previously joined our classes or would like to start something new this January then why not get involved! Sessions are perfect for all skills and abilities and are a great way to burn some of those Christmas calories whilst having heaps of fun! Book online at [www.ticketsource.co.uk/northernarts](http://www.ticketsource.co.uk/northernarts)

### **The Ultimate Musical Theatre Dance Class Workout - NEW FOR 2021 - Friday Mornings 10.00am-11.00am**

Love all things musical theatre? Join us for everything from Motown The Musical through to The Jersey Boys for this Friday morning kick start to your weekend! This new class is a great way to keep fit, is open to all levels and will feature some great dance moves and sequences paired with some the West End's biggest toe tappers! Book online at [www.ticketsource.co.uk/northernarts](http://www.ticketsource.co.uk/northernarts)

### **Sunday Brunch Live With Adam & Kevin! - NEW FOR 2021 - Sunday Mornings 10.30am**

Join us LIVE from our sofa with the latest gossiping, tea making, piano twinkling and chocolate tasting as we bring you the biggest brekkie show LIVE from Shields! Tune in LIVE on Facebook or Youtube FREE of charge! Think of it like a coffee morning, but bigger!





## Soft Soap And Greenwash

According to the Competition and Markets Authority (CMA), in 2019, UK consumers spent £41 billion a year on ethical goods and services – almost four times as much as people spent two decades ago.

With so much money at stake, some organisations might be tempted to be less than open and honest in the claims they make about their environmental credentials. Sometimes

this is accidental; sometimes it isn't.

A few years ago, it was reported that a well-known car company had managed to make it appear in tests that their cars emitted less pollution than they actually did when on the road.

Oops!

"Greenwash" is disinformation designed to make an organisation appear more environmentally responsible than it actually is, according

to the dictionary.

The CMA is currently conducting research into misleading research into environmental claims.

It will publish guidance for businesses in the summer to help them move to a low carbon economy without misleading consumers.

This is welcome, as it is vital that we are able to trust the information we rely on to make our choices.

## Cleaning Up WEEE

The UK produces roughly two million tonnes of Waste Electronic and Electrical Equipment every year. Shops have to make recycling provision, but online retailers don't. The law is due to be updated to improve fairness and the quality and quantity of WEEE recycling.

# Think Green, Be Green

News and tips for living sustainably

## One Small Step

Do you receive lots of unsolicited personally addressed junk mail that goes straight into the recycling? Reduce the irritation – and the waste paper – by signing up with the Mailing Preference Service [www.mpsonline.org.uk](http://www.mpsonline.org.uk). It's free, and you can contact them online or call on 0207 291 3310. It won't stop you receiving mail you've requested or letters from firms where you are already a customer.

## Is It Really Green?

Sustainability writer Georgina Wilson-Powell seeks to answer everyday eco conundrums in "Is It Really Green?" (DK, £12.99). With more than 140 questions and answers on green living, it's a handy guide to help reduce your ecological footprint.



Every tonne of paper recycled saves 17 trees.

Source: Recycle More.

## Zero Waste Toothpaste

Tired of having to send your unrecyclable plastic toothpaste tubes to landfill?

Toothpaste replacement tablets are a great zero-waste alternative.

Simply chew the tablet to create a paste, then brush your teeth as normal with a soft toothbrush.

These DENTabs contain fluoride, too, and come in a compostable refill pack.

Try a month's supply for £2.45 from [www.anythingbutplastic.co.uk](http://www.anythingbutplastic.co.uk).



Leaving a tap running while brushing your teeth wastes six litres of water every minute.

Source: Waterwise.

## Every Little Helps

More than 400,000 people signed up to go vegan for a month last Veganuary. According to research by Oxford scientist Joseph Poore, the impact of every UK family swapping one red meat meal for a plant-based meal just once a week would be the same as taking 16 million cars off the road.

## Wordsearch

Find all the words relating to mosaics. Words can run horizontally, vertically, forwards, backwards or diagonally.

ADHESIVE	MURAL
BAROQUE	PANEL
CEILING	PATTERN
CEMENT	PICTURE
CERAMIC	PLASTER
DESIGN	POTTERY
EPOXY	PUTTY
FIGURE	ROMAN
FRESCO	SHAPE
GLAZE	SHELL
GROUT	STONE
INLAY	TESSERA
MOSAIC	TILE
MOTIF	

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

## Try our general knowledge crossword

### ACROSS

- 1 Student of the origins of words (11)
- 9 Florence Nightingale's nickname (4,2,3,4)
- 10 Bergamot-flavoured tea (4,4)
- 12 Borodin's prince (4)
- 14 Rob Roy author (5)
- 15 19th century composer known for his Hungarian Rhapsodies (5)
- 19 Country that put the first man into space (inits)(4)
- 20 Decorative work using fine wire, often made of silver or gold (8)
- 22 Phil Mitchell in *EastEnders* (5,8)
- 24 Follow-up film to *The Birth of a Nation* (11)

### DOWN

- |   |   |  |
|---|---|--|
| 2 PM Heath? (3)                                     | 8 Creative form associated with Bridget Riley (2,3) | 17 London Underground route represented by a yellow line in maps (6) |
| 3 Tube station between Old Street and Bark (8)      | 11 TV chef associated with Padstow, Cornwall (4,5)  | 18 River that flows through Paris (5)                                |
| 4 Idris Elba TV drama (8)                           | 13 South American lake in the Andes (8)             | 21 Toy building bricks (4)   |
| 5 First name of country singer Campbell (4)         | 16 Surname of <i>Get Shorty</i> actress Rene (5)    | 23 Co-host, with Ant, of <i>Saturday Night Takeaway</i> (3)          |
| 6 Fish which lies buried with protruding eyes (9)   |   |  |
| 7 Music that originated in America's Deep South (5) |   |  |





Don't forget if you have anything WI related you want to share with the Federation just send it in to the office for inclusion in the news bulletin. Recipes, projects, photos, they are all welcome.

Best Wishes

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

Office number and email 0191 5845814 [twsfwi@btconnect.com](mailto:twsfwi@btconnect.com)

Margaret Carter 0191 4165269, 07718 231984 [macarter1@hotmail.co.uk](mailto:macarter1@hotmail.co.uk)



<https://www.youtube.com/watch?v=nUJV-9wvdB8>

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



Crossword