



Hello Everyone,

I hope you are all fit and well.

Thank you to everyone who participated in the zoom social on 25th September, it was good to see everyone and we had some very fruitful discussions, some laughs and a detailed examination of the first episode of the Great British Bake Off!

I feel at the minute that I've entered a period of lethargy, successive waves of regulations have sapped my get up and go so much so it has got up and went! For the past few weeks, I have read constantly. Last time I told you I had started reading the 'Vera' series by Anne Cleaves. well this evening I completed reading all nine in the series. I have thoroughly enjoyed them, the characters are very well drawn and the plots well planned, you get a much more rounded version of Vera by reading the books. I really got a buzz from the fact that the WI gets a mention in each book.

So what do I read next? I do have the latest Ken Follett downloaded on my kindle which I have been saving for my holiday. I'm off the Lake District for a week – there is no way we would ever get the good weather again so I'm taking my kindle, cross stitch and my favourite coloured pencils. So, we will see how much gets done! Reading on holiday means that you don't feel guilty about all the jobs you are neglecting whilst you read.



Happy 90th Birthday to both Cleadon WI and Audrey Archbold their Secretary.

On the 23rd September one of our valued and most experienced members, Audrey Archbold, celebrated her 90th birthday. Audrey has been a member of Cleadon WI for 40 years and for the last 11 years has achieved excellence in her role as Secretary for the Cleadon WI.

November 2020 is the month that signals the 90th birthday of the Cleadon WI. Plans were in place for such big celebrations for both occasions but with the current pandemic, plans have been put on hold. It is important however that such a milestone is not forgotten so they continue to plan for a fairer time in the future.

Many of the Cleadon ladies have been members of the group for more than 30 years, they have had many challenges and have always stood up to the tasks with vigour and maintained the principles of caring for others and for aiding those in need whilst of course, having fun in the process. Over the years our ladies have supported many causes and continue to do so, they have had fantastic programmes of entertainment and learning and have engaged with the local community on many levels.

A big thankyou goes to member, Jean Wishart, who has sewed a commemorative sampler panel to mark our birthday event. We will then, when conditions allow, enjoy a 30's style supper together.

“As their current president, I am so proud of what my ladies have achieved over the years and feel honoured to be their friend and colleague”. Maureen Ling.



Denman

As Denman is now closing the NFWI Board are asking members for their opinions on the Denman trust going forward, the extract below outlines the proposals. If you wish to contribute to the discussion let the NFWI know by October 30th.

With the college closed and no viable alternative financial model identified, the NFWI Board are proposing that the Denman estate is sold as it can no longer be used to deliver the educational objects of the Denman College trust. Whilst the closure and sale of the estate is regrettable, NFWI is also aware that lifestyles and learning needs of members are changing and that only an average of 3% of members attended courses and events at Denman each year.

This sale will ensure that the Denman College trust will be able to deliver an alternative educational model, accessible to members, using the proceeds from the sale. Given the geographical spread of NFWI members, this is likely to be through the type of courses we have already started providing online via Denman at Home as well as looking at regional and more localised face-to face learning opportunities. As part of the process for designing the new offer we will continue to work with our members to explore the best way of providing educational activities to the widest number of beneficiaries.

Taster membership - £10.75 – please share with friends, colleagues, families and within your local community

Because of the change in the subscription year – our new year starting April 1st 2021 and the pro-rata payment for new members we can run a recruitment campaign. A WI taster membership – 6 months for £10.75 from October 1st to March 31st when next year's subscription becomes payable. Whilst we can't have regular meetings at the moment, we can give prospective members a taste of the friendship, sharing and fun that WI membership brings. There will be publicity materials coming your way please share them far and wide.



Dates for your Diary –

Date and Time	Event	Meeting ID and Password
Saturday October 3 rd 10am	Zoom Social – Join together for a chat and a catch up, have a coffee and cake or a glass of Bucks Fizz	Meeting ID 860 8222 0524 Password 865710
Thursday 8 th October 7pm	Committee Catch up for Presidents and Committee members. Please join us to share what your WI's have been doing since we last spoke	Meeting ID 871 1217 5450 Password 864644
Thursday 19 th November 7pm	Federation Quiz	Details to follow

www.denman.org.uk/. There are more events listed upto 28th November on the website. Once you have registered you will receive the zoom details. For further details click over the text on each course.

Date and Time	Event	Cost
Wednesday, 30 September 2020 at 1:30PM	A Taster of Complete Garment Pattern Alteration and Fitting with Marion	£5.00
Wednesday, 30 September 2020 at 6:00PM	Cook-Along with Peter - Spanish Tapas	£5.00
Wednesday, 30 September 2020 at 8:00PM	Peter's Talk on Southwark - A Dickens of a Place (Evening)	£5.00
Thursday, 01 October 2020 at 11:30AM	Gentle Mindful Yoga with Elaine - 4 Part Course (Daytime)	£20.00
Thursday, 01 October 2020 at 2:00PM	Peter's Talk on This Freeman's London (Daytime)	£5.00
Thursday, 01 October 2020 at 4:00PM	Christine's Talk on 'Playing with Knives' - An Exploration of the History and Techniques of Papercutting	£5.00
Thursday, 01 October 2020 at 6:00PM	Vegetarian Cook-Along with Alex - Mushroom Wellington	£5.00
Thursday, 01 October 2020 at 8:00PM	Patricia's Talk on The History and Highlights of Kew Gardens	£5.00
Friday, 02 October 2020 at 11:00AM	Simon's Talk on Germany, the Cold War and the Berlin Wall (Morning)	£5.00
03 October 2020 at 11:00AM	Pat's Secret Garden Pin Cushion	£5.00
Saturday, 03 October 2020 at 1:30PM	Make a Lined Bag with Claire	£5.00

LOCKDOWN KETTLECISERS & SEATED ZUMBACISERS WORKOUTS Monday, Wednesday and Fridays 10am with Lockdown Seated Zumbacisers on Tuesdays.

The lockdown continues and so does Karen's zoom lockdown workouts. Ladies from WI's all over the country are joining in having seen the posts on the WI Wanderers Facebook site and of course her local Whickham Village Belles Facebook page. Exercise is great not only for your physical fitness but also your mental wellbeing, endorphins released during a workout make you feel good, so why not heighten your mood four times a week with her @10.00am in the Zoomiverse. Don't worry about equipment, you can get creative and use items from around your house. Workouts are suitable for all ages, you work at your level and abilities so don't be shy give it a go, just follow the link below.

A voluntary payment of up to £5 will cover a full week of workouts but if you cannot meet this fee don't worry about it, she just wants you to join her in staying fit and healthy to throughout these strange lockdown times.

<https://www.paypal.me/lockdownkettlecisers>

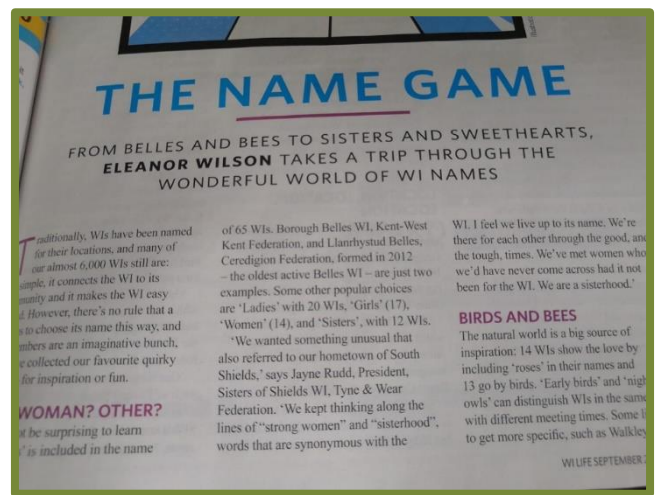
Join Zoom Meeting

<https://us04web.zoom.us/j/3130068528?pwd=NkxhYS9CdklWaS96OUdnWWZ6ci9UQT09>

What have you been upto this week?



We have had busy members again across the Federation. Sisters of Shields WI got two mentions in W.I. Life this month. I love it when our WIs are mentioned in National Publications.



Following on from Jarrow WI being featured in Crafts Beautiful September issue, I was delighted to see Washington Concord sharing the fruits of their labours on the W.I. page of the October issue of Crafts Beautiful. Well done ladies!

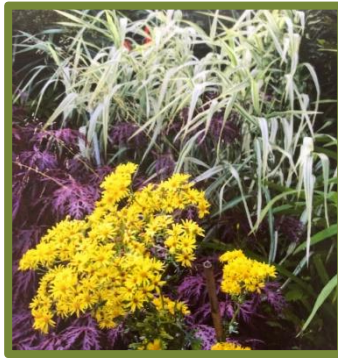


Julie Rankin from Bowes Belles shared this beautiful Christmas Wreath on Facebook. With all the time we have had at home this year our Christmas decorations should be glorious this year.

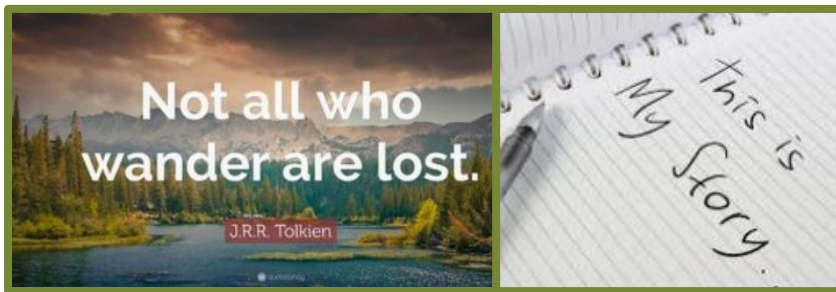


Green fingered Jenny Dixon, of Whickham Fellside WI shared these gorgeous photographs of her Summer garden - she's been super busy during lock-down and her pots and baskets are full of the most beautiful flowers and greenery - thanks for sharing Jenny, you've brightened up this

very cool late September day!!



Once again, we see the gorgeous face of Katherine Watson, member of the Board and President of Bowes Belles, who has completed 40 runs in 78 days for the 40th Great North Run. I am puffed out just thinking about it – Well Done Katherine!



From WI Wanderers!

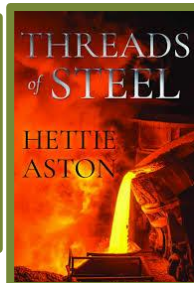
Life Story Writing.

Unfortunately, I couldn't attend this workshop delivered by the WI Wanderers, however they have been kind enough to share the tips for life story writing with us.

It's good to capture memories – it's such a worthwhile thing to do. We're living in strange times and now is the perfect opportunity to take stock and celebrate our loved ones and our life stories. Your children, your grandchildren and your great grandchildren will thank you for it! So, grab a cup of coffee, read the tips attached to this news bulletin, go through those old photos and happy life story writing!



Over the coming weeks Julie Pendleton will be interviewing Roger Black MBE, Blue Peter presenter Lindsey Russell, Will Mellor, author Hettie Aston and the cheeky builders from TV series DIY SOS and on her weekly show on Sundays from 2-4 on Nova Radio North East. If you miss the show you can always use the "listen again" function on Nova's website. The interviews will be available to listen to on podcast too soon. Tune in Sunday 2-4 via your Alexa type device : play Nova Radio North East; On your radio : 102.5 FM in the Tyneside area or on your PC or phone via <http://www.novaradio.co.uk>



Read and Rhyme –

Recently released novels, Nicki French is a favourite of mine and I can't wait to read House of Correction.



HOUSE OF CORRECTION

by Nicci French (£14.99, HB, Simon & Schuster)

The writing duo are back with a thriller that's part courtroom drama. Within a week of moving back to the remote coastal village of her childhood, Tabitha is accused of murder. She may not recall all the events of the day it happened, but she knows she is not capable of murder. After firing her lawyer, she must fight the case herself – from her prison cell.

For more books information, see goodtoknow.co.uk/books



Islands of Mercy

by Rose Tremain (£18.99, HB, Chatto & Windus)

Tremain negotiates the complexity and fragility of the human condition with great skill. Opening in 19th-century Bath, a cast of unique characters, including Nurse Jane Adeane and teashop owner Clorinda, bring forth a tale of passion and soul-searching as Jane must choose between a conventional marriage and an affair with a female lover. Intertwined with their tale is that of eccentric British 'rajah', Sir Ralph Savage in Borneo.



The Gin O'Clock Club

by Rosie Blake (£8.99, PB, Little Brown)

Teddy is devastated by his wife's death, but so is his workaholic granddaughter, Lottie, who is trying to be everything to everyone. Without his wife around, he hatches a plan with the elderly reprobates who make up his gin o'clock club. Could this help Lottie find her way back to what's important? This is an irresistible read for people of all ages.



Imperfect Women

by Araminta Hall (£12.99, HB, Orion)

In a story of buried secrets, we meet close college friends Nancy, Eleanor and Mary. When Nancy is killed, Eleanor and Mary must discover her murderer, and it's the women's backstories and the complexities of their friendship that are forced into the spotlight, making this a suspenseful, dark psychological thriller.

This is one recipe book I might buy, I love the idea of 7 different ways to present everyday staples. Especially as I seem to be constantly thinking about what I should cook for tea!



7 Ways

By Jamie Oliver

Published by Penguin Random House
€28

A new recipe collection from Jamie Oliver, this one is designed to be his most user-friendly book yet. Rather than offering recipes that require home cooks to buy new ingredients, every recipe here is based on the foods we already buy: 18 'hero ingredients' including chicken fillets, potatoes, broccoli and eggs. For each of these pillars, Oliver provides seven new dishes – for example, when you're in the mood for salmon, you might turn to salmon tacos, crispy sweet and sour salmon or an easy salmon en croute; if you've got a pack of sausages in the fridge, you may find yourself making a sausage and mash pie, sausage pasta with chilli and fennel or a speedy sausage pizza. It's a fresh, clever way to compile a cookbook, and we are here for it.



The weather is now definitely autumnal, here are three gorgeous recipes for some delicious comfort food. Just the ticket for damp dreary days.



Sweet Potato Lentil Stew

Course: main Skill level: easy Serves: 4

- 400 g (14 oz) Alaska wild salmon fillet, cut into bite-size pieces
- 1 small organic lemon, zest and juice
- Salt and freshly ground black pepper, to taste
- 2 tsp instant vegetable stock
- 150 g (5 1/2 oz) red lentils
- 250 g (9 oz) parsnips, cut into bite-size cubes
- 400 g (1 lb 5 oz) US sweet potatoes, cut into bite-size cubes
- 500 g (1 lb 2 oz) broccoli, separated into florets
- Leaves from 2-3 stems coriander, chopped coarsely
- 2 tbs sesame seeds
- 150 g (5 1/2 oz) vegan cream

1 Mix the salmon pieces with some of the lemon zest and juice and season with salt and pepper.

2 Bring 1 litre (1 1/4 pt) of water to the boil with the stock. Add the lentils, parsnips, sweet potatoes and broccoli and cook covered for about 5 to 7 minutes.

3 Roast the sesame seeds in a small non-stick pan until golden brown.

4 Add the salmon pieces carefully into the stew and let simmer for about 5 to 7 minutes. Add the cream and season with salt and pepper as well as the remaining lemon zest and juice.

5 Serve the stew in decorative soup bowls, garnished with coriander and sesame.

This stew is also good without the salmon as a vegetarian or vegan dish.

Boston Beans and Sausage Casserole

Course: main Skill level: easy Serves: 6 Vegetarian

- 2 tbs olive oil
 - 1 large onion, chopped
 - 2 cloves garlic, crushed
 - 4 tsp chipotle paste
 - ½ tsp smoked paprika
 - ½ tsp each salt and pepper
 - 2 x 400 g cans cannellini beans, drained and rinsed
 - 750 ml (1 pt 7 fl oz) passata
 - 50 g (1 ¾ oz) brown sugar
 - 3 tbs black treacle
 - 1 tbs Dijon mustard
 - 1 tbs cider vinegar
 - 1 x pack Cauldron Lincolnshire Vegetarian Sausages, chopped
- To Serve: crusty bread.

- 1 Pre-heat oven to 180 deg. C, 350 deg. F, Gas Mark 4.
- 2 Heat the oil in a large ovenproof dish set over a low heat on the hob. Cook the onion, garlic, chipotle paste, smoked paprika, salt and pepper for 5 to 10 minutes or until softened.
- 3 Stir in the beans, passata, brown sugar, 60 ml (2 fl oz)

water, treacle, mustard and vinegar. Bring to the boil, cover and transfer to the oven for

40 minutes or until bubbling and beginning to thicken.

4 Stir in the sausages and cook for 15 to 20 minutes, or until the sausages are cooked through.

5 Serve with fresh crusty bread.



Slow-roast pork with crackling and onion gravy

The hand and spring of pork is the upper part of the front leg and is usually sold boned and rolled as a joint. It is less expensive than leg or loin, the major roasting joints. For this recipe, the meat is left on the bone and is braised slowly with onions and herbs until beautifully tender. You can also cook belly of pork this way.

1. Preheat the oven to 220°C/200°C fan/Gas 7. Rub salt over the skin of the pork joint. Put the onions, garlic, bay leaves and sage into a small, deep roasting tin, then pour in the stock. Sit the joint on top, skin side up.
2. Cover the whole tray with foil and seal the edges tightly. Place in the oven and roast for about 40 minutes. Reduce the oven temperature to 150°C/130°C fan/Gas 3 and cook for 2½–3 hours, until the meat is very tender and falling off the bone.
3. Transfer the pork to a board. Using a slotted spoon, scoop the onions into a bowl, cover and keep them warm. Remove the bay leaves and sage and discard them. Strain the stock into a jug.
4. Line a baking sheet with foil. Carefully remove the skin from the pork, then snip it into strips with scissors, place on the foil and sprinkle with salt. Cover the pork with foil and keep it warm.
5. Increase the oven temperature to 220°C/200°C fan/Gas 7. Put the baking sheet in the oven and cook the skin for 5–10 minutes until cracked and crisp.
6. Meanwhile, melt the butter in a saucepan. Add the flour and stir over the heat for a few seconds to make a roux. Pour in the hot stock from the pork, whisking until the sauce has thickened. Check the seasoning.
7. Pull the pork off the bone and arrange the meat with the onions on a serving dish. Snip the crackling into pieces and place alongside, then serve with a jug of the hot gravy.





SERVES 8

INGREDIENTS

- 2 tbs salt
- 1 hand and spring pork joint, skin scored
- 3 large onions, thickly sliced
- 2 garlic cloves, sliced
- 8 bay leaves
- Small bunch of sage, tied together
- 700ml (1 ¼ pints) hot chicken or vegetable stock
- 25g (1oz) butter
- 25g (1oz) plain flour
- Salt and freshly ground black pepper

I found this in a magazine and I can relate to this, after many attempts to translate American measures to their English equivalents.

	
250 g of flour	12 ¼ cups of flour
100 g of butter	19 small sticks of butter
100 g of sugar	43 thimbles of sugar
60ml of milk	3 udder squeezes of milk
1 egg	1 unripened feather baby



Public Affairs –Christine Parker - World Mental Health Day 10th October.

Make Time for Mental Health has been a WI campaign since 2018. The focus has been on the way people view mental health and by raising awareness in our communities to provide better care.

“Since March we have all lived under extreme conditions; different to the way many of us have lived before. Pre Covid 19 I enjoyed meeting with friends, leading walking groups, running with my running club, going on holiday at home and abroad, visiting my children and parents and many other activities that filled my day. I also had a choice of when and where I could take part in these activities.

At the beginning of lockdown, it was a novelty to run by myself, walk the dog without seeing anyone, listen to the silence and the bird song. However, after a while I found I had time on my hands. I don't work, I don't have children to home school and visiting my children parents was restricted, as well as all the usual things I did. I'm lucky; I have a big garden which filled my days, I still had to walk my dog and I had my husband to keep me company.

Many of the friends I have don't have partners, some don't have pets and gardens and they struggled to cope with the new restrictions in their life. It was a great relief for them when we could start to meet up in each other's gardens, go for walks together or have a coffee.

One of the things I've learned over this time is how valuable talking to others has been. I've phoned people, had a zoom chat or quiz, chatted and listened. It was fantastic when committee members from Bowes Belles rang to see how I was and how I was doing in lockdown.

My experiences may or may not reflect yours but at times we are all challenged to cope with our life situations. I encourage you all to talk to and listen to people, give each other time and space to share how life is treating you. On World Mental Health day make an extra effort to get in touch with someone and ask how they're doing. Perhaps someone you haven't seen or spoken to in a while”

Christine Parker



Postbag

We have been inundated with very positive feedback this week - Thankyou to everyone for their support, we do appreciate it when we get feedback on what we are trying to do. Here's a selection

“Wow what a fantastic bulletin packed with lovely stories and news - Sorry to hear that Sandra is standing down, she was Herrington WI's WI Advisor and we enjoyed her visits” Ann Scott Herrington WI.

“Thank you for another really full and interesting newsletter. Also thank you for using my photos. Lovely to see other groups out and about, if only for a short time Love Doreen Wilsons Quilts for comfort a very talented lady. Look forward to seeing antiques road trip. Loving the recipes as well I will test out the Blackberry and Elderflower Dump Cake. Hoping you get a good response from the Federation Quiz. Thanks again a lot of hard work gone into newsletter Well done” Liz Matthews – Washington Station WI.

Following a discussion on the Unofficial WI facebook page regarding Federations and what they are doing to help individual WIs, many thanks to Fiona Wilson and Liv Mckie from Dilly Dollies and Elaine Quicfall from Chopwell for your positive comments

Fiona Wilson

Tyne and Wear South have been really good during lockdown, with a weekly newsletter and several events with appropriate safeguards. They have encouraged each WI to open their meetings to all.
Before lockdown I have had the pleasure of joining trips and a quiz night.
Well done to everyone involved.

Liv McKie

Yes I'll second that re Tyne and Wear South federation. As members we are well supported in or out of covid times. Great newsletters to keep each and everyone of us up to date with what's going on, as well as what we can join in with, around the federation, or outside of it. Have been on some really interesting days away and other events organised by our federation prior to covid and sadly we've missed some great planned events due to it too.

Elaine Quickfall

We've had plenty of communication from our federation, Tyne and Wear South, weekly newsletters, phone calls, they've organised zoom meetings, socially distanced walks and picnics. I think they've done a great job.

12 h Like Reply



Christmas Corner



DECORATION

SCRAPBOOK PAPER BAUBLES

CUT TWO STRIPS of patterned paper 30cm x 2.5cm and two strips 29cm x 2.5cm. Punch a hole at both ends of each strip.

TAKE ONE OF the shorter strips and loop to form a circle, holding at the punched ends; loop the second shorter strip around the first. Repeat with the two longer strips. Secure together through the punched holes with a split pin.

CUT A PIECE of ribbon double the finished hanging length required and snip a hole halfway, slip over the split pin and tie the ends together. Finish by gluing on a ribbon bow.



Here is a good project for the coming weeks, especially if you're a craft hoarder and have a stash of lovely papers. It's a fun thing to do with kids and grandkids especially with half term looming on the horizon.

A taste of the season

Make the most of late-summer produce with these inventive recipes using seasonal vegetables, plus have a go at making your own pickles



This is the time of year to reap the benefits of all your gardening efforts, join lots of our members in making your own pickles this year.

Just the thing to gift at Christmas or share with the neighbours

Pickled beetroot

■ Makes four 450ml jars ■ Prep 20 mins plus two weeks pickling ■ Cook 1 hr 10 mins

VEGETARIAN

■ Take **1kg beetroot** and rub each root with **1 tbsp vegetable oil**. Wrap in foil. Roast at 200C/180C fan/gas 6 for 1 hr until tender. Leave to cool. Peel and cut into wedges. Pack into jars, add **1 tsp coarse sea salt** to each, and pour over the vinegar (left). Seal. Leave to pickle in the fridge for two weeks.

PER TBSP 37 kcal, fat 2g, saturates none, carbs 4g, sugars 3g, fibre 1g, protein 1g, salt 0.9g

Spiced pickled shallots

■ Makes four 450ml jars ■ Prep 1 hr plus overnight brining and a month pickling
■ No cook **VEGETARIAN**

■ In a large bowl, dissolve **140g coarse sea salt** in 300ml boiling water. Add 1.2 litres cold water and **1kg trimmed shallots**. Cover and soak overnight. Drain, rinse and drain again. Pack the shallots in jars. Pour the vinegar (left) into the jars and seal. Leave to pickle in the fridge for one month.

PER TBSP 26 kcal, fat none, saturates none, carbs 4g, sugars 4g, fibre 2g, protein 1g, salt 0.9g

Pickled carrots with garlic & cumin

■ Makes four 450ml jars ■ Prep 20 mins plus two weeks pickling ■ Cook 15 mins

VEGETARIAN

■ Cut **1kg carrots** into sticks. Boil in salted water for 2 mins. Drain. Make the vinegar (left), toasting **1 tbsp cumin seeds** with the spices and using **caster sugar**, **½ tsp turmeric** and **6 sliced garlic cloves**. Pack the carrots in jars, adding **1 tsp coarse sea salt** to each. Cover with the vinegar and seal. Leave to pickle in the fridge for two weeks.

PER TBSP 31 kcal, fat none, saturates none, carbs 5g, sugars 5g, fibre 3g, protein 1g, salt 2.1g

Pickled radishes with ginger & chilli

■ Makes four 450ml jars ■ Prep 30 mins plus overnight brining and two weeks pickling
■ Cook 10 mins **VEGETARIAN**

■ Brine **1kg radishes** overnight (see shallots, right). Rinse and drain. Make the vinegar (left) with **150g caster sugar**, a **5cm piece ginger**, sliced, and **1 sliced red chilli**. Pack in jars, pour over the vinegar, and seal. Leave to pickle in the fridge for two weeks.

PER TBSP 19 kcal, fat none, saturates none, carbs 3g, sugars 3g, fibre 1g, protein 1g, salt 0.9g

Another Wordsearch for you

I'll have a bambino grande cappufrappu-maccucciniato au lait, please!' That's what I ask for when I visit a café. And that's what I get. Probably. All the coffee-based drinks below are hidden in the usual way, except one – but which one?

AMERICANO
CAFÉ BOMBON
CAFÉ AU LAIT
CAFÉ NOISETTE
CAPPUCCINO
CORTADO
DOPPIO
ESPRESSO
FLAT WHITE
FRAPPE
ICED COFFEE
LATTE
LONG BLACK
LUNGO
MACCHIATO
MAROCCHINO
MOCHA
RISTRETTO

SEARCH ME!

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A	S	O	E	I	N	C	P	L	M	T	C	C	Q	B
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B	O	H	C	A	F	E	A	U	L	A	I	T	K	L

Well that's another week of activities and news – hope you enjoyed this bulletin.

If you any comments or ideas please let us know we are always looking to improve things for you. Is there something you would like to see here? Something you could share with us? Any news you have?

Take care everyone

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