

Hello Everyone,

I hope you are safe and well and managing to keep yourselves occupied during these strange times.

Lockdown Blues?

It seems many people have hit a wall with the Lockdown Blues. I've been feeling fed up and frustrated and judging by my mailbox many of you are too. The bleakness of lockdown makes us more prone to introversion and worry about the future. January is a miserable time ordinarily and we are feeling that restrictions have gone on forever and with reference to the WI many of you are feeling that you haven't been able to enjoy your membership as you would have wanted.



From the start of restrictions last year, the Board of Trustees have been determined to try and keep members engaged, hence the regular news bulletins and at least two zoom events a month with no additional charge to any of our members. We have planned and replanned events responding to changes in restrictions in order to keep everyone safe and well.

Things will and are getting better, the vaccines have been produced and the roll out is going on apace. It will get to us all eventually and make us feel safer and less vulnerable. As the virus recedes and more people are vaccinated the restrictions, we have been living under will start to be lifted. In our planning the Board realise that it will be some time before events in big groups will be comfortable to attend so we are planning some open-air events as we get back to some sort of normality.



Look out for details of picnics, walks and seaside visits as soon as we can arrange them.

We have attached a great booklet (or press CTRL and click on the link below) with lots of tips and advice on how to beat the blues – have a read you might pick up a few helpful tips.

<https://s3-eu-west-1.amazonaws.com/smartfile/a183704f8f4428164e062cae9c3e0196/uploads/2020/04/27081701/COVID-19-Booklet.pdf>

We also have a big party to look forward to later in the year, Hylton WI celebrated its 100th birthday on January 25, the members had been planning the celebrations for an age before covid interfered and even though it will be late it will be a party to remember, all Federation members will be invited and I'm sure it will be a glorious occasion when we all get together. Try to stay positive and look forward to the great things we have coming towards us, in the meantime read about life in the 1920's which was the backdrop to the development of Hylton WI.



**From all our friends at the
South Tyne and Wear Federation –
Congratulations! What an achievement !**

**1921..... The Year Hylton WI was
formed**

**These are a few of the events that took place in 1921 reflecting many events that would
come to impact on the women of Hylton**

- January 21 Agatha Christie's first novel "The Mysterious Affair at Styles" was published.

January 25 HYLTON WI FOUNDED

- February 12 Winston Churchill becomes British Minister for the Colonies
- March 17 Dr Marie Stopes opens Britain's first birth control clinic in London
- March 31 British Coal mines on strike
- April 2 Einstein lectures in New York outlining his new Theory of Relativity
- April 15 "Black Friday" Transport Unions refuse to support the miners.
- May 5 The perfume Chanel No 5 was launched by Coco Chanel
- May 15 The British Legion formed to care for ex-service men.
- June 1 Tulsa race riots - worst racial riots ever in USA
- June 11 Women in Brazil get the vote
- June 19 Census in Great Britain
- June 21 UK, Dominions and India form the British Commonwealth
- July 1 Communist Party formed in China
- July 29 Adolf Hitler becomes leader of the National Socialist German Workers Party
- August 10 Franklin D Roosevelt struck down by what was thought to be polio.
- August 24 British Airship R-38 crashes into the River Humber, 44 die
- September 3 Communist party in Belgium formed
- September 8 First Miss America crowned

- September 27 Johnny Wiesmuller sets first 2 world swimming records for 100 m and 150 yards.
- October 21 “The Shiek” first silent film from Rudolph Valentino premiered.
- October 31 Federation of Sportive Femines Internacional forms first organisation for women in athletics
- November 4 The “Brown Shirts” or SA is formally established by Adolf Hitler.
- November 9 Facist Party established in Italy by Mussolini.
- November 13 France, Japan, USA and British Empire sign the Pacific Treaty.
- December 8 Ireland receives Dominion status and partition creates Northern Ireland.

Hylton WI and living in the 1920's

Hylton Women's Institute founded on January 25 1921 in a society pulling itself back together after the Great War, at the time no one knew it would later be known as World War One. Against a maelstrom of world events that we can now look back on and see their impact on the world today, the development of vaccines, insulin was discovered, new political parties developed to question the old order, the developing cinema industry, women finding their voice and not being prepared to give back the progress they'd made during the war. The world was changing rapidly and the women of Hylton were part of that change.

What was it like to live in the 1920s?

The 1920s, also known as the ‘Roaring Twenties’, was a decade of contrasts. The First World War had ended in victory, peace had returned and with it, prosperity.

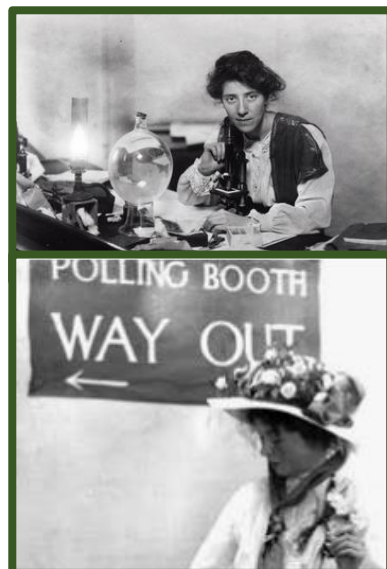


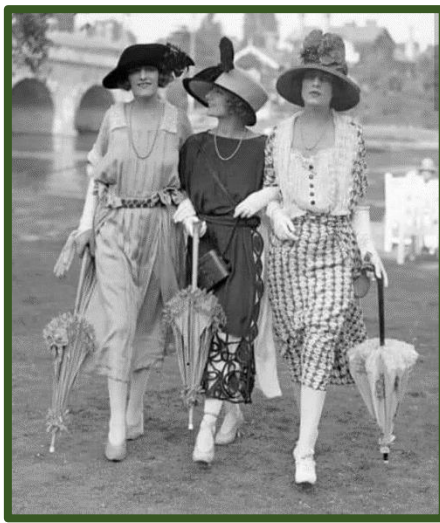
For some the war had proved to be very profitable. Manufacturers and suppliers of goods needed for the war effort had prospered throughout the war years and become very rich. For the ‘Bright Young Things’ from the aristocracy and wealthier classes, life had never been better. Nightclubs, jazz clubs and cocktail bars flourished in the cities. The hedonistic lifestyle portrayed in books and films such as ‘The Great Gatsby’ was perhaps for some, an escape from reality. This generation had largely missed the war, being too young to fight, and perhaps there was a sense of guilt that they had escaped the horrors of war. Perhaps they felt a need to enjoy life to the full, because so many other young lives had been lost on the battlefields of Flanders.

P.G. Wodehouse and Nancy Mitford, herself a ‘Bright Young Thing’, portray the ‘Roaring Twenties’ in Britain in their novels. Both authors politely poke fun at the socialites and upper classes, but their novels give a good idea of the heady days of the 1920s.

The experiences during the War influenced British society, particularly women. During the war, many women had been employed in the factories, giving them a wage and therefore a certain degree of independence. Women over 30 had been given the vote in 1918, and by 1928 this had been extended to all women over the age of 21.

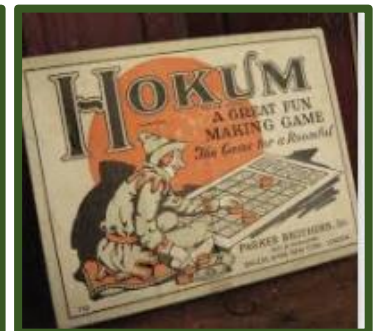
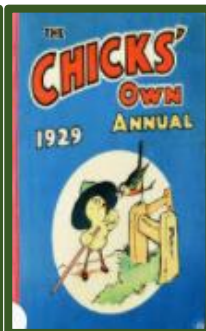
Women felt more confident and empowered, and this new independence was reflected in the new fashions. Hair was shorter, dresses were shorter, and women started to smoke, drink and drive motorcars. The attractive, reckless, independent ‘flapper’ appeared on the scene, shocking society with her wild behaviour. Girl Power 1920s-style had arrived!





For married women and their children, life was pretty much the same post-war as pre-war. For example, the middle-class stay-at-home housewife still changed into her afternoon dress after lunch to receive guests, and many such households had either a live-in maid or a 'daily' to help with household duties. Pregnant women normally gave birth at home and in a middle-class home, a live-in nurse was often engaged for the two weeks prior and for a month after the birth. For working class women there was no such luxury as a home help, and there was certainly no paternity leave for the husband!

Families were on average smaller in the 1920s than during the Victorian era, with families of 3 or 4 children most common. Children's toys were often homemade. Whip-and-top and skipping were popular pastimes. Carrot tops, turnip tops and wooden tops were whipped up and down the streets and pavements as there was little traffic. Comics such as "Chicks Own", "Tiny Tots" and "School Friend" were available for children.



In 1921 the Education Act raised the school leaving age to 14. State primary education was now free for all children and started at age 5; even the youngest children were expected to attend for the full day from 9am to 4.30pm. In the country, pupils at some schools were still practising writing with a tray of sand and a stick, progressing to a slate and chalk as they became more proficient. Classes were large, learning was by rote and books were shared between groups of pupils, as books and paper were expensive. Nature study, sewing, woodworking, country dancing and traditional folk songs were also taught.

By the mid-1920s the post-war period of prosperity was well and truly over. The re-introduction of the Gold Standard by Winston Churchill in 1925 kept interest rates high and meant UK exports were expensive. Coal reserves had been depleted during the War and Britain was now importing more coal than it was mining. All this and the lack of investment in the new mass-production techniques in industry led to a period of depression, deflation and decline in the UK's economy. Poverty amongst the unemployed contrasted strikingly with the affluence of the middle and upper classes.



The 9-day strike which forged modern Britain

By the mid-1920s unemployment had risen to over 2 million. Particularly affected areas were the north of England and Wales, where unemployment reached 70% in some places. This led in turn to the Great Strike of 1926 and following the US Wall Street crash of 1929, the beginning of the Great Depression of the 1930s.

From a decade that started with such a 'boom', the 1920s ended in an almighty bust, the likes of which weren't to be seen again for another eighty years.

Hylton WI was formed following on from the ladies of the village meeting to sew for the forces during WW1. Supporting the war effort was also something they did in the next war too. The oldest member a Mrs M Markham knitted 100 garments, no mean feat when materials were scarce. At some point the WI adopted a Northern Nigerian student and his wife and children whilst he studied agriculture.

They at times had a very active drama group and choir. Over the years they have contributed a great deal to the local community, in the 60s they campaigned to get the council to provide better street cleaning right up to recently when they have supported Donnison school and local food banks. Well done ladies, congratulations and here's to the next 100 years!

Here's a selection of photos from the current members of South Hylton.



We hope as many of you can join them for the party later on in the year, now onto

The National Annual General Meeting

Last week we heard that the National Annual General Meeting had been rescheduled for June 8 at the Royal Albert Hall. This was discussed at great length at the Board of Trustees monthly meeting and it was unanimously decided that with regret the Tyne and Wear Federation would tender apologies for non-attendance at the meeting. There were a number of reasons behind the decision the safety of members being the most important. Seat allocation because of social distancing would be more limited and the number of link delegates reduced to one delegate for every 8 WIs which is an enormous commitment for one person. Any updates that we hear about will be passed on to members. Everyone who was expecting to travel to London for this event has been contacted.

Federation News

Spring Council Meeting April 2021 – 10th April

Do you look at the Federation and think “I would like to get involved in the organisation of our Federation’s events and activities”? Or do you look at the Federations activities and think “I could do better than that”? Now this is your chance.....

The Spring Council Meeting is when our Board of Trustees is elected. The current members of the Board are (in alphabetical order)



Margaret Carter



Evelyn Clark



Karen English



Clare Espie



Margaret Fullerton



Maureen Johnstone



Deborah Phippen



Judith Russell



Katherine Watson



Elaine Wright

Would you like to become a member of the Board? All members are eligible no matter how long you have been a member, everyone has a contribution to make. Why not play a more active part in your organisation? If you are interested please contact Margaret Carter 07718231984. macarter1@hotmail.co.uk. - Come and join us!



Living in Lockdown


We have had a lot of entries into this competition so we have had to limit the number to three per member. We would be willing to still all your photos but please make it clear which ones are for the competition. Please accompany your photograph with an explanation – not exceeding 3 sentences, your name and your WI. The photograph must have been taken between March 15th 2020 and February 15th 2021. Photos to reach the Federation office by February 15th 2021 - **Great prizes for the winners. Good Luck**



Who doesn't love a bit of pasta?

Some facts about pasta that you might not know

- Spaghetti is the singular word for spaghetti
- Before machinery, pasta was kneaded by foot.
- Al dente pasta not only *tastes* better, it keeps you full longer.
- There are approximately 350 shapes of pasta...
- The average Italian eats 60 pounds of pasta per year...
- a typical portion is only 100 grams
- October 25 is World Pasta Day.
- Most dried pastas are made with only two ingredients, semolina flour and water, which is why the word pasta comes from the Italian word for "paste."
- Italy produces between 1,700,000 and 3,300,000 Tons of pasta per year.



Easy Food HEALTH TIP
Anchovies are a great source of omega-3, calcium and iron – try adding them to salads, on pizza or in pasta sauces such as this one.

unsalted as it brings it's own. Very tasty cooked with roast chicken!

SPAGHETTI ALL'AMATRICIANA
Serves 4

1 tbsp olive oil
1 onion, very finely chopped
2 garlic cloves, crushed
125g pancetta, chopped
A good pinch of chilli flakes
2x 400g tin of chopped tomatoes
400g spaghetti
Salt and pepper

To serve:
Grated Parmesan
Fresh parsley, roughly chopped

1 Heat the oil in a large saucepan and sauté the onion, garlic and pancetta for 4-5 minutes, until softened. Add the chilli flakes and tinned tomatoes, then leave to simmer for 15-20 minutes. Season to taste.
2 Meanwhile, cook the pasta according to the packet instructions, then drain. Stir the sauce through and serve sprinkled with some chopped parsley.

Fat 8.2g	Sat.Fat 1.6g	Carbs 62.3g	Energy 464kcal
Protein 20.8g	Sodium 0.67g	Sugar 10.3g	Fibre 0.4g

Fat 9.5g	Sat.Fat 1g	Carbs 61.9g	Energy 381kcal
Protein 16.9g	Sodium 0.94g	Sugar 7.1g	Fibre 0.6g

...and also, something very healthy

MANGO CHICKEN SALAD

Serves 4

180g plain low-fat yogurt
120g fresh coriander, chopped
2 tbsp lime juice
2 tbsp mango chutney
1 tbsp Dijon mustard
1 tsp ground turmeric
¼ tsp cayenne pepper
1 cooked chicken (about 2½ pounds), shredded
1 mango, peeled and diced
285g baby spinach leaves
Salt and pepper

- 1 In a medium bowl, mix together the yogurt, coriander, lime juice, chutney, mustard, turmeric and cayenne until well combined. Season with salt and pepper.
- 2 Add the shredded chicken and diced mango, and toss all the ingredients together to ensure the chicken is well coated.
- 3 Serve the chicken and mango mixture on a bed of spinach leaves.

Fat 22.9g	Sat.Fat 6.4g	Carbs 19g	Energy 608kcal
Protein 82.6g	Sodium 0.57g	Sugar 18g	Fibre 0.01g



SALMON AND SPINACH SALAD

Serves 4

4 skinless salmon fillets
285g baby spinach leaves
120g cherry tomatoes, halved
75g goat's cheese, crumbled
60g pecans
Salt and pepper

For the dressing:

2 tbsp olive oil
4 tbsp balsamic vinegar
1 tbsp Dijon mustard
1 garlic clove, crushed
¼ tsp dried rosemary

- 1 Preheat the grill. Line a baking tray with tin foil.
- 2 Season the salmon with salt and pepper, then grill for 7-9 minutes, until cooked through. Leave to cool slightly, then use a fork to flake the fish.
- 3 To make the dressing, combine together all the ingredients and season well.
- 4 Fill a serving platter with the spinach leaves and cherry tomatoes, then top with the flaked salmon, crumbled goat's cheese and pecans. Drizzle with some of the dressing, serving the rest on the side.



Federation Dates for your Diary –

Date & Time	Event	ID/ Password
Thurs 28 th January 21 7pm	Cookery Demonstration (Vegetarian for Life)	867 9181 1224 vegetarian
Thurs 25 th 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 th 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 th 2021	Spring Council/Social Meeting – Annual Meeting	Details to Follow

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

A little bit more about our Cookery Demonstration on Thursday 28th January 7pm.



Alex Connell will be joining us to showcase a lovely three course vegetarian meal, Alex works for a charity called Vegetarian For Life which supports older vegetarians and vegans. Ordinarily they would be providing training for chefs, caterers, carers and of course older vegetarians and vegans. Due to Covid 19 they have been offering training online free to WI groups. The Federation will be making a donation to the charity, as can you if you wish, check out their website they have some fantastic recipes, magazines and a great shop selling all sorts – very reasonably priced !!

<https://vegetarianforlife.org.uk/blog/post/new-british-dietetic-association-endorsed-resources>

Other courses/talks to which we have been invited to – have a look there might be something to catch your eye.

Upcoming Facebook live Sessions
Drop in open between 10am and 12noon

- ❖ **Age Concern and Perth Green CA** are hosting virtual drop ins helping with a wide variety of money management issues. They have asked us to spread the word to those local to the Scotch Estate.

Dates 2021	Topic
20 th January	Save money on your energy bills
27 th January	Tackling debt
3 rd February	Am I entitled? Claiming income related benefits e.g Pension Credit, Universal Credit, Cold Weather Payment
9 th February	Staying safe online
10 th February	Am I entitled? Claiming health related benefits e.g Attendance Allowance, Personal Independence Payment
17 th February	Budgeting
25 th February	Round up

Join in by emailing info@ac-ts.org.uk or send us a private message via our Facebook page no later than the day before each session

- ❖ **Why Not join Dilly Dollies WI on** March 4th at 7.30, they have a talk on Butlins by Stephen Wells who has also worked on cruise ships.

BUTLINS HOLIDAY CAMPS - The rise and fall of an empire

Stephen Wells went from being a Butlin Redcoat to being Entertainment Executive responsible for putting on the biggest names in Show Business.

A great talk fully illustrated and with lots of great stories about the stars, including **Cliff Richard, Des O'Connor, Jimmy Tarbuck, Ringo Starr, Dave Allen, Tommy Trinder** and many more.

This talk lasts for 55-60 minutes

Please contact Fiona Wilson, fionawilson@rocketmail.com, for the zoom login details.

❖ **Another Invite from Bowes Belles WI – see scross**

Don't forget Denman are still running a great variety of courses on line, below is a section of the workshops available over the weekend

[Denman At Home.](#)

Denman comes to you

<https://www.denman.org.uk/calendar/>



Bowes Belles WI Information Page

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Our next meeting will be held online via Zoom on Tuesday 9th February at 7pm, and our speaker is Misba Khan, a finance manager and chaplain in Manchester, who took part in the Women's Euro-Arabian North Pole expedition in 2018.

If you're a member of a WI in the Tyne & Wear South Federation and would like to join us on the 9th February, please email bowsbelleswi@gmail.com for joining instructions, stating which WI you're a member of.



January 22, 2021

Friday

all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Daytime)

all-day ● Online Course : Simon's Talk – A Wander Around Chelsea (Morning)

all-day ● Online Course : Spring Stitched Art with Claire

January 23, 2021

Saturday

all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Daytime)

all-day ● Online Course : Creative Confidence with Stacey (Saturday)

all-day ● Online Course : Daisy the Dog with Claire (Saturday)

all-day ● Online Course : Fun with Stamping – Back to Basics Cardmaking with Liz (Saturday)

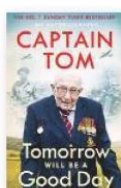
January 24, 2021

Sunday

all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Daytime)



Read and Rhyme – Perhaps an inspiration to us all Captain Tom Moore ... and for all the ladies who adore Monty Don



Tomorrow Will Be a Good Day

by **Captain Tom Moore (£20, Michael Joseph, HB)**

Captain Tom Moore has penned a charming autobiography. Charting his humble beginnings in West Yorkshire, joining the Army in the Second World War, and serving in Burma, India and the Far East, we discover the upbeat attitude that made him the nation's hero of 2020. A great personal history of the past century – we can all learn something from Captain Tom.



My Garden World: The Natural Year

by **Monty Don (£16.99, John Murray Press)**

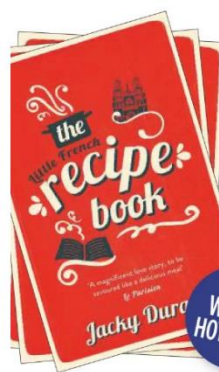
One of the upsides to life in 2020 for many of us was the opportunity to spend more time with nature. And what better way to celebrate the natural world than with everyone's favourite gardener. Monty Don observes with detail the animals, birds and wildlife that come and go throughout the year, encouraging us to help and preserve the world around us.



Murder At The Castle

by MB Shaw (£8.99, Orion, PB)

Amateur sleuth and artist Iris Grey is back. Invited by the Baron, Jock MacKinnon, to Pitfeldy Castle in the Highlands, she is commissioned to paint a portrait of his fiancée, Kathy Miller. Not long after she arrives, the American socialite takes Iris into her confidence, admitting she's received threatening letters to call off her wedding. Iris investigates, and once remains in the grounds are discovered, secrets start to surface.



LITTLE FRENCH RECIPE BOOK

by Jacky Durand (£8.99, Hodder & Stoughton, PB)

Be warned: do not read if you're hungry. Julien has never forgotten the mother who walked out on him and his father, Henri. Now Henri is dying and Julien wants to recover a long-lost leather-bound notebook that his dad guarded. Through their shared passion of food, can Julien uncover the past he is desperate to know about? A bittersweet book.

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

THIS WEEK'S HOT READ

Public Affairs



The WI (National Federation of Women's Institutes)

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This week is #CervicalCancerPreventionWeek. Cervical screening isn't always easy, but it's the best way to protect against cervical cancer.

If you have questions about cervical screening and Coronavirus, and how it works now, visit Jo's Cervical Cancer Trust's website for information and support: <https://www.jostrust.org.uk/information/coronavirus/faqs>

Find out more about our 5 Minutes that Matter campaign on our website: <https://www.thewi.org.uk/campaigns/key-and-current-campaigns/5-minutes-that-matter>



News from our WI's

Sad News



We were saddened to hear of the passing of Val Willis member of Tunstall WI and dual member at Bowes Belles. Val was a lovely lady with a ready smile and a long time WI member she will be greatly missed by

all her WI friends. Her son in law sent us a comment that the family are devastated but they were uplifted to see all the kind and loving comments

Greenside also lost a friend on 2nd January – Brenda Bell who been a member of the WI for many years. Her daughter also contacted us and thank us for all the kind messages.

At the Spring Council meeting we would like to pay our respects to all our members that we have lost this year, please don't forget to let us know if someone passes

and we can include them on this special memorial.

Washington Station sent us these pictures of four of their members receiving their raffle prizes from the Christmas draw and Christmas "Goody" bags - Molly Godderidge, Sheila Richardson; Vivienne Kelly and Gillian Graham.



In the run up to Christmas, Whickham Fellside W.I. were able to deliver 133 packs of sweets, 26 pairs of gloves and 15 hats to The Peoples Kitchen in Newcastle plus 9 trauma teddies, with the help of the Mother's Union.

Maureen Ward would like to say a big thank you to [Whickham Fellside WI Committee](#) for all they have done to support members in the group throughout this difficult time. All of the lovely things they have done have been so uplifting. The group could easily have come to a total standstill if it wasn't for the committee. It is greatly appreciated.

More things to keep you occupied



Remember to tune into On Nova Radio North East, Sundays 2-4, where Julie Pendleton talks to Margaret Carter, lately she has had some great guests covering a variety of subjects

Walking Netball Virtual Sessions Walking Netball sessions were moved online at the start of lockdown last year; since then, the sessions have built a wonderful community of members from around the country, coming together twice a week to take part in a physical activity session plus a coffee and chat afterwards. These sessions are free to attend and are being offered through our successful partnership with England Netball. All WI members are welcome to join in, regardless of whether or not you play, or want to play, Walking Netball. So, dig out those trainers and come and have a 'wiggle and a giggle' with us on Monday evenings at 7.30pm and Thursday mornings at 10.30am. Email WInetball@englandnetball.co.uk to receive the zoom link. To find out more visit [My WI | Walking Netball \(thewi.org.uk\)](#)

IAM RoadSmart CHOICES CHOICES is an easy-to-access online platform which offers a range of e-learning modules developed by IAM RoadSmart's experts. The modules have been created to provide a handy knowledge boost on key driving topics and to aid in the development of skills such as hazard perception, across a range of driving scenarios. In addition, new learning content is being made available via the CHOICES platform as it is developed, making it the ideal online companion to support your ongoing driver development. Click here to read more [My WI | Driving confidence survey 2020 \(thewi.org.uk\)](#)

Queen's Birthday Card - Deadline for members to submit their finished card in celebration of the Queen's birthday is the 1st March 2020. Please ensure that members include their name, contact details, WI and federation; this must be separate to the required supporting statement. Completed work must be sent to NFWI, Denman, Marcham, Abingdon, Oxon, OX13 6NW; all submissions will be acknowledged. The maker of the chosen card will be informed separately. Ask Joanne if you want the details

Lady Denman Cup Competition 2020 and 2021

The NFWI is proud to announce that this year's competition will be held in partnership with The National Gallery. All documents relating to this year's competition as well as the results and winning entries from last year's 'What I heard on the bus' competition are available to download here [My WI | Lady Denman Cup competition \(thewi.org.uk\)](#)

Elizabeth Bell Challenge 2021/2022

To celebrate and showcase these inspiring members and the strength shown by the WI to thrive and continue, WIs are invited to take part in the **Elizabeth Bell Challenge 2021-2022**. Running from January – December 2021, WIs are invited to compose a record demonstrating how their members have worked together to engage and support one another throughout the year; offering opportunities that have united their members, as well as successfully marketing the WI to increase their membership. All members of the WI are encouraged to take part and contribute; from organising activities, photography, managing and writing the record(s), to designing and formatting the final entry. We want WIs to work together as a team and create a piece of work which proudly demonstrates the up's and down's of a year in the WI, as well as recognising the inspirational achievement made by all members that will go towards safeguarding another 100 years of the WI. All documents relating to the competition can be found here [My WI | NEW! Elizabeth Bell Challenge 2021/2022 \(thewi.org.uk\)](#)

KETTLE 'BELLES'



Don't be afraid to workout with weights. It's not about bulking up muscles, there are many benefits including:

- increased bone density and strength
- reduced risk of osteoporosis
- improved sense of wellbeing & improve sleep
- regulate weight. **Join me - Get fit For Life**

Karen is back with Kettlebells, ladies from all over the country join her on Monday, Wednesday and Friday mornings.

They have had fancy dress sessions for Halloween and throughout December, Christmas" Virtual" Fizz Fridays and our regular coffee chats after the sessions. Maybe Easter Bunny theme will be next?

Don't be afraid to join in, you can work at your own level and ability and adapt things to suit yourself, no fancy equipment is required. Maybe 2021 is the year to try something new.

Were you a WREN?

We were contacted by a veteran member of the WRENS looking for former WRENS. Mandy writes to us

"It occurred to me that now would be the time to undertake a project that I'd wanted to do for a long time – gather all the 'class photos' (known in the Royal Navy as Division photos) from the training school at HMS Dauntless, Reading and have a researchable database open to ex wrens. Over the years I had become aware that of the 30,000+ ladies who had gone through the gates of HMS Dauntless between 1946-1981, a large proportion had 'lost' their photos from that period. Some were as a result of household catastrophes – flood, fire etc.. But the most heart-breaking were those that were deliberately destroyed when marriages broke up or left behind when families moved home.

I discovered that Wrens who joined post 1981 and who went through HMS Raleigh had an archive of class photos but there was nothing set up for HMS Dauntless. I know that all these photos are archived officially but the effort to track them down and then obtain a copy is way beyond the means or time-frame for most ladies. I wanted something that was supplied by Wrens for use by Wrens.

Initially via social media we asked ladies to supply their Division photos with any other training photos they may have along with their memories, names of people they joined with and so on.

Within a month we had over 1000 ladies registered.

However many ladies prefer not to use social media so we have had articles printed in all the major Naval publications, over 300 regional newspapers, 40 ladies magazines and via Royal British Legion and Veterans groups. We've also been interviewed a couple of times for Canadian radio about the project. But we are very aware of Anno Domini - there are ladies out there with tales to tell, photos to share and memories to rekindle and we desperately want to get in touch with them.

We are hopeful to reach as many ex Dauntless Wrens as possible. We are doing well so far in that we have over 660 photos live online but there's another 650 left to find and it's these ladies we are looking for.

There is no such thing as an ex-Wren, and we never turn a Dauntless Division Photo away."

Get in touch with Mandy Whitham & Janette Crisp if you could help them

07765 435295

ddpwrens@gmail.com



Puzzles

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

MAKE A
SPLASH

Dive right into these waterfalls
from around the world.

ANGEL
AUGRABIES
CHURCHILL
DELLA
FOSS RIVER
FOYERS
GAVARNIE
GLOMACH
HAMILTON

IGUAZU
INGA
KAIETEUR
KHONE
KJELFOSSEN
KRIMML
NIAGARA
ORMELI
PILAO

A different type of puzzle this week – thanks to Lyn Kennedy for sending this in, it will be a bit more taxing for you

WI MEETING

At a WI meeting, five members each brought an item for the sales table and each won a raffle prize. The members were Mrs Cook, Mrs Reade, Miss Baker, Mrs Gardiner and Miss Taylor.

Can you work out how each lady got to the meeting, what item she brought, and what item she won in the raffle? One lady came on her moped and another won a box of chocolates.

1. Mrs Cook brought a pot plant

2. Mrs Reade’s contribution was not the cake. She won the notepad.

3. A single lady who brought the jam, came to the meeting in a friend’s car; she did not win the hankies.

4. The member who brought the book did not come on her bike.

5. The lady who drove to the hall in her own car won the bath salts.

6. The bringer of the knitted gloves, who won a gift voucher, was neither Miss Baker nor Mrs Gardiner, who walked as she lives next door to the meeting hall.

	Car	Car passenger	Walked	Bike	Moped	Pot plant	Cake	Book	Gloves	Jam	Notepad	Hankies	Bath salts	Gift voucher	Box of chocs
Mrs Cook															
Mrs Reade															
Miss Baker															
Mrs Gardiner															
Miss Taylor															
Pot plant															
Cake															
Book															
Gloves															
Jam															
Notepad															
Hankies															
Bath Salts															
Gift Voucher															
Box of chocs															

Answers next week



Postbag

We stopped putting our postbag on but we have had such fantastic feedback this month, we wanted to share the comments with you. Please keep sending your feedback to us, positive or negative, this is your magazine and we would like to feature what you want to see and read.

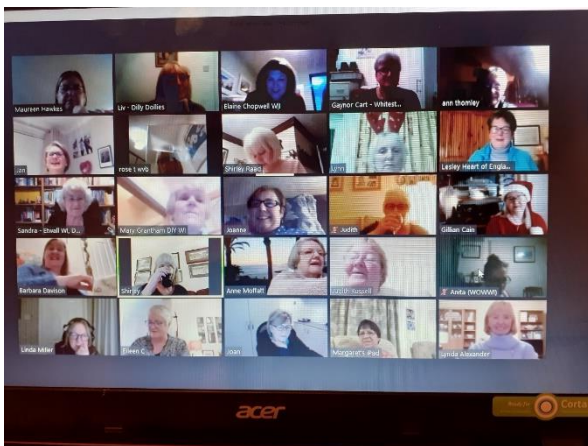
"Thanks for info re ZOOM classes being run by Northern Arts. I joined the Theatre Dance Class this morning and enjoyed bumping into myself at home. Good lively dance routines, different from the norm but at least I stretched some unstretched and under used muscles. Another 2 classes booked" - Teresa Rowell

Good morning - A great bulletin - it made me feel positive - needed very much

Thank you, Eileen (Conaty)

Happy New Year Joanne. Thankyou so much for this newsletter and please convey our great thanks to the president of Cleadon for her wonderful and inspirational piece. Sue Betts, Kibblesworth Sec

Just a quick note to say thank you for organising the speaker for tonight. I really enjoyed the evening - it was good to share it with others from outside the Federation. Judy was very funny and the evening brightened spirits. Great job Joanne - thanks again. - Best wishes - Joan Dodds



Dear Joanne, - Thank you so much for allowing me to join your WI tonight. I really, really enjoyed the talk. It was so amusing and very well presented. I was in need of a good laugh! -

I found all your ladies friendly and fun, and I appreciated the nice welcome when I signed in.

Best wishes, - Sandra Whittock, Derby Federation

Many thanks to yourself and Joanne for organising tonight's zoom speaker, Judy Theobold.

Thoroughly enjoyed the session and afterwards realised that I haven't laughed out loud for a full hour for many, many weeks ! I thought that Judy was so funny and engaging, the time just flew over. Loved her tales and poems. Also wonderful was that other WI members from around the country joined in!

Thank you again for taking the time to arrange and host this meeting.

Thanks again to Margaret for delivering your Christmas Newsletters . I felt very sorry I couldn't give a hug and invite her in for coffee ! - Happy Healthy New Year to you all and hope we will get back to "normal" soon .I had a dream that all members sanitised their hands before meeting ,sat wearing masks all the time and only took them off for a 10 minute cupper ! Do you think I have had a premonition and this will be "The norm"? I can just picture it !

Love

Win Warren 🍷🍷🍷🍷💖

WOW! Jake Perry owned the two oldest cats that ever lived. One was 34 and the other was 38!

◆ 4 in 10 people admit to keeping financial secrets from their nearest and dearest.

◆ January's full moon is called the Wolf Moon.



◆ A sailor would traditionally get a tattoo of a swallow when he clocked up 5,000 miles at sea, and add a second swallow at 10,000 miles.

◆ Young spiders are called spiderlings.

◆ In Anglo-Saxon times, people's ages were counted in winters ie. 40 winters old.

◆ The tissue behind a reindeer's eyes changes from gold in summer to blue in winter to help them see in the dark.

◆ According to folklore, "a green January makes a full churchyard".



The first Jammie Dodgers had plum jam in them

◆ The first recorded Frost Fair was held on the frozen Thames in 1608.



◆ The Tom Baker story *City of Death* was the most-watched *Dr Who* serial ever, with an average of 14.5 million viewers across its four episodes, in 1979.



The London Underground opened this month in 1863

FANCY THAT!

Facts to make you go **"WOW!"**

◆ The artist William Hogarth once paid off his bill in a tea shop with a painting of tea company founder Thomas Twining that still hangs in the firm's London office.

WOW! Facemask-wearing drove lipstick sales down by 49% during the last year, while eye make-up sales rose by 25%.



Barbara Blake Hannah became Britain's first black TV reporter in 1968



◆ Meryl Streep, Andrea Riseborough, Haydn Gwynne, Fenella Woolgar and Lindsay Duncan have all played Margaret Thatcher.



Canadian show jumper Ian Millar took part in a record ten Olympic Games

◆ In gambling slang, a Burlington Bertie is odds of 10/3.

◆ Elvis got his first big screen kiss from Jana Lund in *Loving You*.

◆ Rudyard Kipling was the youngest winner of the Nobel prize for literature, aged 42.

◆ 65% of secondary school teachers are women.

◆ The name of Scott's Porridge Oats was deliberately misspelled to gain attention when the brand was launched in 1914.



Wow – what a good read this week, plenty of ideas to keep you entertained in here.
I hope you all take good care of yourself and hopefully we can start to look forward.

Best Wishes

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

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<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