



## News Bulletin 16 – Special Summer Edition

8<sup>th</sup> July 2020

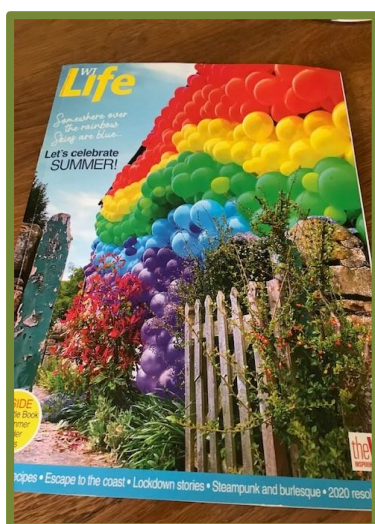
Dear Readers

Before handing over to Margaret, who will be very surprised to read this, I couldn't let the occasion of her birthday go by yesterday without saying 'Many Happy Returns' from the Board, the Members of the Federation and myself. Margaret has been working tirelessly over the past few weeks making sure everyone is kept informed of what's going on – she has done a great job. She continues to give up a lot of her spare time to the WI – especially writing the newsletter – I don't know where she gets her ideas from. So, we all wanted to thank you for everything that you are doing for us and hoped you had a lovely day. Joanne. Over to the lady herself .....

Hello Everyone

I hope you are safe and well. This is our sixteenth news bulletin and as you know Joanne is on holiday next week and there will be no news bulletin. So, this week we have added a bit extra to keep you occupied while Joanne is away, feel free to continue emailing the office as emails can be accessed but the phone lines can't. As you know I am happy to take any calls or emails too.

The Board of Trustees are meeting this week in order to make more plans for the future and we will be organising more zoom events and hopefully in a week of two, if further lockdown regulations are lifted, we will be organising some outdoor events. So, until then we may only meet outside in groups of 6.



Have you got your copy of WI Life yet? I was delighted when mine arrived because for some unknown reason I usually get mine long after everyone else. Who couldn't be cheered up by the glorious burst of colour on the front? It was the winning photo in the WI Life photo competition and the winner is relatively local to us, being from Shotley WI, in our neighbouring Northumberland Federation. Well done Linda Garner. I hope you also read the winning entry in the short story competition – A lovely story of 'Togetherness during Lockdown'. If you would like to read the second and third placed stories you will find them on My WI website. The highlight of the

latest edition for me was the very insightful article “Time for Change”, reflecting on her own experiences the journalist Ateh Jewel will make you think. Please read it if you haven’t already. She also gives us a whole lot of resources to explore that will help us to understand the issues involved. I think that this month’s edition is one of the best with craft projects, gorgeous recipes, puzzles and articles. One of our members discovered that her husband couldn’t wait for her to get home and open hers so he opened it so that he could do the puzzles!

I am pleased that we have received lots of positive feedback about this news bulletin every week. I have been asked why it is so extensive given that we normally only issue a monthly newsletter. I feel that although all our WI’s are doing their best for members the very nature of lockdown has made life very difficult for many of us. I know I have felt very frustrated at the beginning because although I was relatively fit and healthy because of being over 60 I was classed as ‘vulnerable’ and married to someone who has a low functioning immune system meant I could not go out and about as I had in the past. Many of our committee members are in the same position and as a result have not been able to go out and visit their members and organise things they might have done in the past. The news bulletin goes out to everyone who has given us an email address, if you know anyone who has started using email since the lockdown please let us know their email address and we can ensure that they get a copy.

### **A little Bit of Fun - Competition Time**



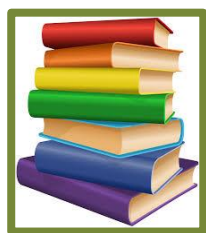
This week we have a competition for you and a chance to win £10.00 M & S voucher.

Remember to send your entries by Email to the office email address by 20<sup>th</sup> July. I look forward to reading the entries. We hope to run a competition every couple of weeks. Simply Caption this photo..

**Advance Warning – 30<sup>th</sup> July 2020 is Friendship Day** - a day when we can celebrate our wonderful friends, have you any ideas how we can mark friendship day across the Federation ? - it would be lovely to be able to do something that involves as many people as possible. Please let either myself or Joanne know and let’s enjoy the day together

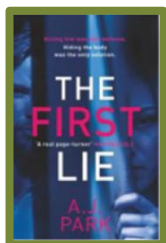
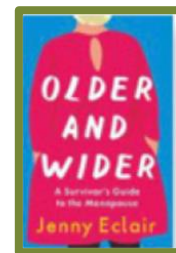
I have had a number of members asking when we can go back to our regular meetings. Unfortunately, I cannot answer that, I know some of your venues are hoping to be available soon and it will be a judgement call for the WI committees as to whether you go back or not. However, it is still important to maintain social distancing and we must be sure that we can keep everyone

safe. At the moment restrictions still exist for entertainment so any meetings held would have to exclude any music or singing. I am expecting that we will soon get some guidelines from NFWI and obviously they will be passed on as soon as they are available. It will be necessary to consider your venue carefully to make sure that everything complies to keep people safe.



### Read and Rhyme

Thank you for sending in your favourite books, this week our first one is by **Jenny Eclair** and is titled **Older and Wider**. Could this be about lockdown?? Jenny Eclair is an honest refreshing comedian who gives her take on what it feels like to be menopausal. While she is clear that she is no doctor she can tell you about the pleasure of wearing cardigans, how she managed mood swings and what empty nest syndrome feels like. She also frankly admits that while she may not have emerged on the other side as a beautiful butterfly, she has found a new her that she's happy with. Full of insight and empathy.



Our second choice is **The First Lie** by **AJ Parks** – When Paul Reeves returns home and finds his wife covered in blood and shaking – their lives are to change forever. Alice never meant to kill the intruder that entered her house – There is only one thing they must cover up the deed. So, it begins how one lie leads to another leaving the couple to wonder who they can trust if anyone



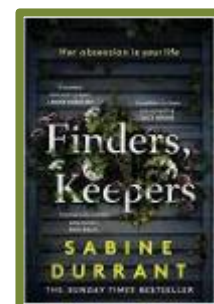
**Historical Hit - Spirited – by Julie Cohen** - A moving, compelling story about three women fighting to break free. Viola has an impossible talent. Searching for meaning in her grief, she uses her photography to feel closer to her late father, taking solace from the skills he taught her - and to keep her distance from her husband. But her pictures seem to capture things invisible to the eye. Henriette is a celebrated spirit medium, carrying nothing but her secrets with her as she travels the country. When she meets Viola, a powerful connection is sparked between them - but Victorian society is no place for reckless women.

### **True Romance - Hello Again by Isabelle Broome**

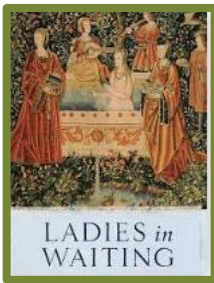


A true summer read emotional, entralling and a great written book about accepting life's flaws and learning to love.

**Spine Chiller - Finders Keepers by Sabine Durant** - Ailsa Tilson moves with her husband and children to Trinity Fields in search of the new. New project - a house to renovate. New people - no links to the past. New friends - especially her next-door neighbour, the lonely Verity, who needs her help. Verity has lived in Trinity Fields all her life. She's always resisted change. Her home and belongings are a shield, a defence to keep the outside world at bay. But something about the Tilsons piques her interest.







**True Stories - Lady in Waiting by Anne Somerset** Far from being servants or decorative accessories in court, ladies-in-waiting competed for real positions of power--and many succeeded in their goals, sometimes betraying their queens in the process. A few even became royal mistresses, such as the rapacious Lady Castlemaine who amassed a fortune and flaunted her hold over King Charles I. Drawing on a wide variety of primary sources, including the diaries of such shrewd onlookers as Lady Cowper and Fanny Burney, bestselling author Anne Somerset provides a guide to the character, profligate or pious, of each court.

It appears you lovely ladies are starting to get poetic; I was going to keep some poems back for the next bulletin but you appear to be enjoying them.

Helen Bryce of Fells Angels wrote the poem opposite as a thank you to Helen Talbot for making her some facemasks.

Maureen Johnstone from Washington Station sent us this poem and about 'Our New World' quite a stark reality

**At these uncertain times its true  
We probably all have days of blue  
By magic moments are all around  
Not least the WI, sound as a pound  
Your hard work Helen is such a boon  
Let's hope we are rid of the virus soon!**

Enforced isolation for a virus unknown,  
Time tick, tocks so slowly inside whilst the  
outside overgrown  
Silent times no transport, jets or planes  
Wildlife roamed free no emissions to deter  
Visited our gardens exploring country lanes  
so free  
New sight to behold in this world I now see

Our instant world becomes delayed and paused  
Imposed sanitation for daily chores this has caused  
Queues formed; crazy purchases bought but for me  
isolation created an atmosphere long sought  
Quiet times, discovering time fillers and new  
thoughts  
Rest and relaxation reflection and freedom  
Yet emotional turmoil encroached due to risk of  
infection  
No family or grandchildren allowed a cuddle  
missing special dates and milestones passed until  
leaders allow perhaps contact in a bubble!

Key workers recognised not invisible to  
rulers  
Coped admirably following austerity,  
workers morphed into heroes Saints and  
sufferers' lives put at great risk  
Claps for respect yet improved salaries not  
fixed

Our older, vulnerable generation and BAME took a  
hit  
This unknown virus is a vicious killer reducing life  
bit by bit  
Sadness for thousands unable to visit or support  
Loved ones passed on alone brave battles fought

Life and kindness are precious isolation has reminded  
Take time for yourself and others  
Recognise the daily free moments, wildlife, flowers and friends Grieve for all lost....  
A time Covid-19 free may never be  
Adjust and move on  
Our world and surviving is new for you and me  
Treasure each moment, stay alert and safe

Thanks to Maureen James from Washington Concord who sent this, trying to tell us life is just too short Dust if you Must

Dust if you must but wouldn't it be better To paint a picture or write a letter Bake a cake or plant a seed Ponder the difference between want and need	Dust if you must but the world is out there With the sun in your eyes and the wind in your hair A flutter of snow a shower of rain This day will not come around again
Dust if you must but there is not much time With rivers to swim and mountains to climb Music to hear and books to read Friends to cherish and life to lead	Dust if you must but bear in mind Old age will come and its not kind And when you go - go you must - You yourself will make more dust

An ode to Chilton Moor WI members  
by Joan Brown

"Where has our fee gone?"  
That's what I hear you say,  
I had a lovely shopping trip  
And spent some of it today,  
I hope you approve of what I got  
And like this lucky dip,  
It's just a little gift for you  
Until we can have our trip.

This covid virus has spoilt our spring,  
Our meetings have had to go,  
But it hasn't spoilt our friendship  
And you're thought of positively so.  
It's only a temporary measure,  
That hopefully will soon end,  
When we can meet up again  
And our money we can spend.

What have you been upto this week?



Congratulations to Vikki Dawson from Herrington WI her birthday cake, made for her daughter, was featured on the Wilton website. Wilton is one of the biggest firms producing cake decoration tools equipment and consumables. Well done Vikki a beautiful cake. Sadly because of the virus Herrington won't be holding their annual fundraising coffee morning where for the past couple of years I have been able to buy a most delicious confection made by Vikki containing Marshmallows and peanut butter.

Two years running I have bought them supposedly for my grandsons, sadly the boys have never tasted them yet. She has a lovely Facebook page called Prairie Girl Baking.



Judith Thompson President of Hylton WI has kept her needles busy throughout lockdown making these exquisite items for the Baby's and Angels charity. Well done Judith they are all beautiful.

Lois Benson of Sisters of Shields WI has managed to craft this beautiful Mexican Love Heart whilst we have been in lockdown, this is in addition to being a mum of two, home schooling and being one of our school teachers who has had to constantly change and adapt her work to fit the needs of the current crisis. Well done Lois.



Keeping in touch during lockdown is a priority for Whickham Village Belles WI. “We know that a small number of our members don’t use social media and we didn’t want them to think we had forgotten about them,” explained President Maureen Berne. “We sent post cards to all members and hand delivered a little bag of goodies to those who can’t take part in our meetings.

Our members have really appreciated the additional contact even though it doesn’t make up for seeing each other in person.”



Using Facebook in more creative ways has also featured highly with recent send in a rainbow themed photo being very well received. And the group are planning a socially distanced face to face picnic where those members who wish to, can meet up in a safe way and catch up with WI friends. Just waiting for the next sunny weekend!

Sandra Scott from Fulwell also made this lovely WI lady for a raffle prize – isn’t she gorgeous.



### **News from National –The Resolution Process**

Don’t forget – Your opportunity to participate in the Resolutions process, if you want to be involved in shortlisting next year’s prospective resolutions send you applications via the form on My WI before the 31<sup>st</sup> July. It’s a great chance to be involved with something National.

**Lady Denman Cup** – This competition is still open for entries, A 500-word story entitled “What I Heard on the Bus”. If you’ve been thinking about it, get it written and submitted. Closing date is Friday 18<sup>th</sup> September

### **NFWI raffle**

Don’t miss the opportunity to win £10,000. Tickets are available with all WI secretaries. Check out Page 49 in WI life for the all details.

### **WI Diaries**



We are pleased to let you know that the 2021 diaries will be ready to send out fairly soon. As a Federation we are yet to place our orders so if you would like a diary for next year please let Joanne know before the end of August – please note you will still be able to buy these from national after this date. Diaries are priced at £ 5.10 each.

## Public Affairs

Helen Talbot from Fells Angels zoomed into '**The Time is Now**' MP session on Tuesday 30<sup>th</sup> June and we are pleased to say she shared a report with us. She writes,

"There were three main issues discussed as well as other issues

1. Net zero carbon emission, 2. Nature recovery, 3. Debt cancellation

The session at 2pm was a discussion about climate change with Caroline Lucas, Matt Pennycook and Alex Stafford. The importance of lobbying and talking positively to your MP's and taking action to bring about change. An interesting talk from Ella Daish about period poverty and the lack of choices for eco-friendly products. Her suggestion was collective action, and manufactures and government to come together. As an individual, if you see something, take action to get heard.

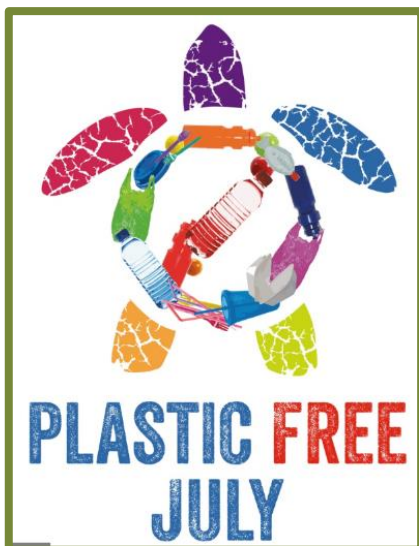
Kate Bottley from Gogglebox spoke about mental health and connecting with nature to get through the crisis.

The young activists were the most enthusiastic speakers. They knew their cause and had the determination to make their voices heard. They discussed green recovery, youth engagement, climate strikes, capitalism, that people were not the most important., instead nature was more important than money. Also, the timescales for climate change with the effects of climate change including flooding and the damage to coral reefs. How to reduce your footprint and supporting strikes to make their voices heard. They saw the youth as the future, to lobby MP's and hold them to account and for the young and old to come together.

They also spoke about sustainable living where individuals can make life style changes with reusable items, plastic free items and toiletries to reduce waste for a green recovery".

It sounds like they covered a lot of issues and we are pleased you attended and shared this with the Federation.

## Plastic free Month



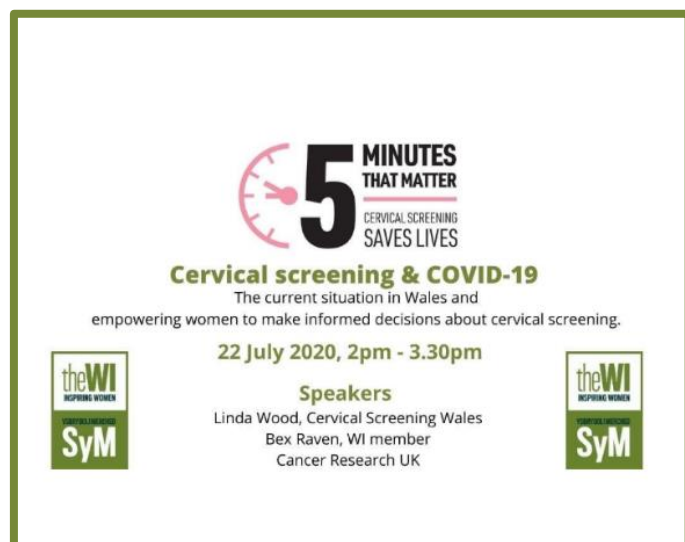
In addition to July being picnic month it's also Plastic Free Month. This is global movement that helps millions of people be part of the solution to plastic pollution so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics? Sometimes it seems to be quite overwhelming trying to look after the planet. One step forward is to try and reduce our use of single use plastics and that will make a difference.



## Easy Ideas for Plastic Free July – there are more but why not make a start by doing 1 or 2 – it will make a difference

1. Use Reusable Shopping bags. Locate them now and put a few in the boot of the car.
2. Don't forget the Produce Bags. There are many non-plastic alternatives to produce bags, and sometimes you don't need any at all.
3. Give up bottled water - Not only does it come in a plastic bottle, but tremendous resources are used to extract, bottle, and ship it AND many brands of bottled water are simply filtered tap water.
4. Carry your own containers for take-out food and leftovers.
5. Carry a stainless steel travel mug or water bottle at all times for coffee and other drinks while out in the world.
6. Choose milk in returnable glass bottles.
7. Choose wine bottled in glass with natural cork stoppers - This is kind of a trial and error project since you can't see the stopper until you open the bottle.
8. Check labels of personal care products! - Did you know some facial scrubs and other personal care products contain tiny plastic beads? Avoid anything with "polyethylene" listed as an ingredient.
9. Baking soda is the best deodorant EVER - Instead of deodorant in a plastic container, I use baking soda mixed with a few drops of tea tree oil applied to dry underarms with a [reusable cotton round](#).
10. Use natural cleaning cloths and scrubbers instead of plastic scrubbers and synthetic sponges. Compressed natural cellulose sponges are often sold without any plastic packaging because they don't need to be kept moist; they expand when wet.

For further ideas check out <https://myplasticfreelife.com/plasticfreeguide/>



**Cervical Screening and Covid 19** Whilst this event is Wales based it will be very informative and members are invited to apply for tickets. Its empowering women to make informed decisions about cervical screening. On Wednesday 22 July at 2pm, NFWI-Wales will be hosting a virtual event relating to the 5 Minutes that Matter Campaign. The event will outline the current situation in light of COVID-19 and the support and advice available to



women. It will also raise awareness about the importance of cervical screening and discuss some of the challenges in improving the uptake of screening. Speakers include: - Linda Wood, Cervical Screening Wales, - Bex Raven, WI member and - Cancer Research UK. There will be an opportunity for questions and discussion after each presentation. To register for this event, please email [walesoffice@nfwi-wales.org.uk](mailto:walesoffice@nfwi-wales.org.uk)

### Things to get involved with over the next few weeks

#### Hair Before and after lockdown

Marian Murphy, from Washington Station, saw on the news that South Shields Museum is asking people to donate hair and pictures of themselves before and after their visit to the hairdressers to remember what it was like during lock down. I thought this could be something all our WI's might like to do/ get involved with, good fun and good pictures for our archives too. If you would like to send a picture of a before and after haircut get them to Joanne soon. Joanne has had her hair cut and will be sending one in.

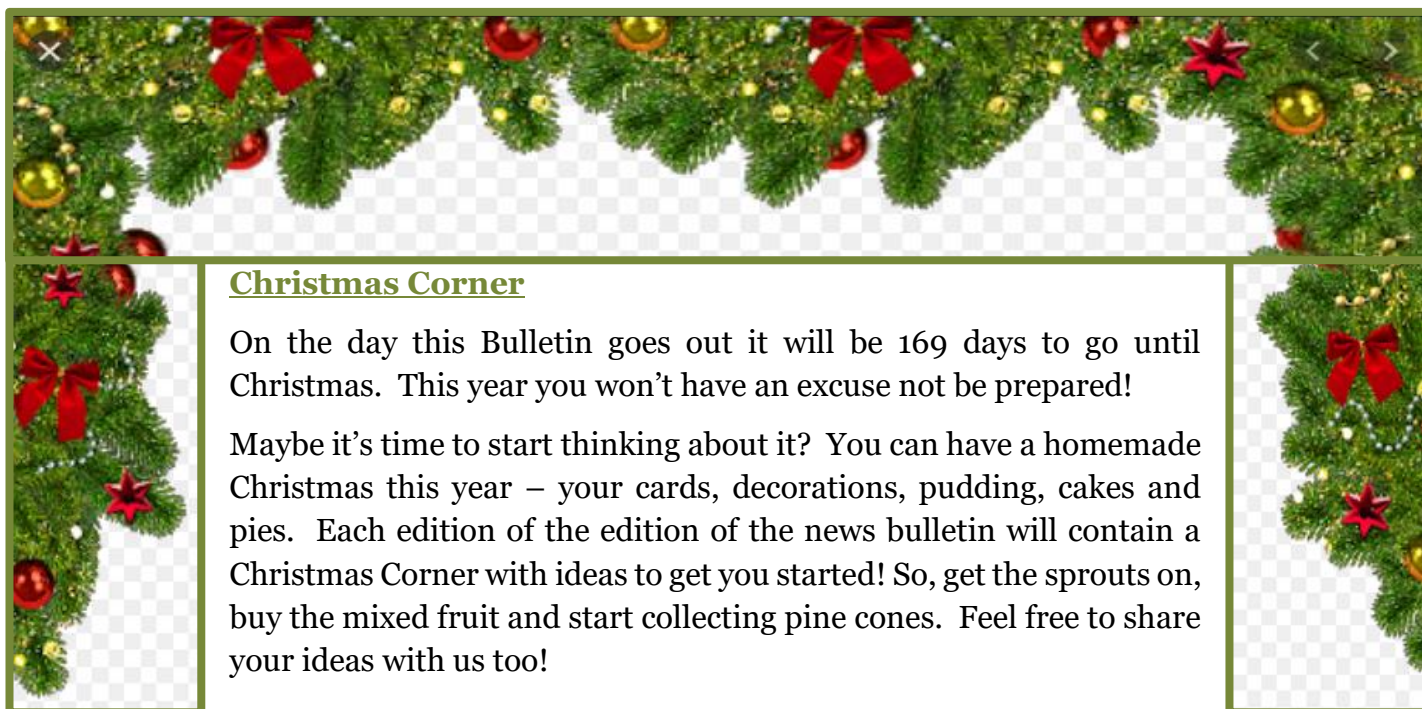
#### 100 Club

We are still collecting expressions of interest from members in developing a 100 club. You would sign up for a year, paying an amount covering each month. Each month there would be a draw and the winner would get a cash prize, any profits would go into Federation funds to pay for training costs for members. Let us know to get your name added to the list. There is no obligation at this stage – we need to know if there's an interest before setting up a system.

**Making Facemasks -** We have been informed that if anyone is making Face Masks two shops in the Galleries, Washington are selling elastic that is good to use with them and comfortable for wearing. They are Plain and Purl and the Yorkshire Trading Co.



For anyone who enjoys a sing! I'm told these **Choirmaster sessions** are great fun, why not give it a go!



### Christmas Corner

On the day this Bulletin goes out it will be 169 days to go until Christmas. This year you won't have an excuse not be prepared!

Maybe it's time to start thinking about it? You can have a homemade Christmas this year – your cards, decorations, pudding, cakes and pies. Each edition of the edition of the news bulletin will contain a Christmas Corner with ideas to get you started! So, get the sprouts on, buy the mixed fruit and start collecting pine cones. Feel free to share your ideas with us too!

### Denman News –

Denman's success with online learning opportunities continues, current offerings are

Wilfred Owen and First World War	July 10 <sup>th</sup>
Richards Ukekle Simgalong	July 10 <sup>th</sup>
Simons talk on Berlin	July 11 <sup>th</sup>
Macaroon Cookery Demo	July 12 <sup>th</sup>
Qigong taster (similar to Tai Chi)	July 13 <sup>th</sup>
Cookery Burst Soda Bread	July 13 <sup>th</sup>
Britain with Betjamin	July 13 <sup>th</sup>
Nuno Felt Taster	July 15 <sup>th</sup>
Belgravia and Kensington Palace Gardens	July 15 <sup>th</sup>
History of Baptisms, Marriages and Funerals	July 20 <sup>th</sup>

There are new sessions added frequently, only costing £5.00. Check the Denman Website for further details [www.denman.org.uk/whats-on/](http://www.denman.org.uk/whats-on/) for further details

## Inspiring women - then and now

In 1915 we set out to give women a voice and to be a force for good in the community. Since then, our membership and our ambitions alike have grown tremendously. Today, we are the largest women's organisation in the UK and we pride ourselves on being a trusted place for women of all generations to share experiences and learn from each other.

## The Impact of being a WI member.

I can wax lyrical about the impact that being a member of the WI has had on my life but today I asked my husband what impact my membership has had on him. Never a one for a serious answer he had plenty to say.

1. If it wasn't for lockdown you'd never be here.
2. Its unnerving that so many middle-aged ladies know who I am.
3. I thought there would be loads of cakes, scones, pies and other food. There is sometimes when there is an event

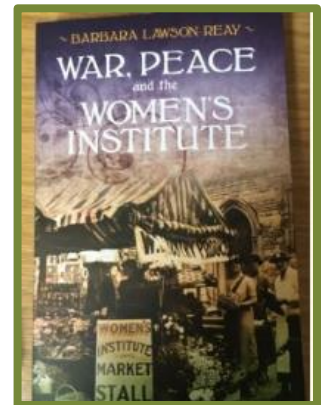
but all I see is the food going out of the door and none of it comes back in.

4. Remember when we were on holiday in the Cotswold and you went to a WI coffee morning in the WI hall? We went to the market first then to the coffee morning and there was no cake left – There's never any cake left! There were no biscuits either.
5. Now that you are all zooming and facetimeing, I have to be careful how I enter a room as I never know who is going to be watching. It's very strange when suddenly someone shouts 'Hello John' and there is no one there. And he was quite prepared to go on and on .... So, what would your significant other say about the impact of you joining the WI?



**Post Bag** – We received a recommendation from Barbara Lawson-Reay of Llanrhos WI about a new book entitled 'War, Peace and the Women's Institute', published by & available from Gwasg Carreg Gwalch, 12 Station Yard,

LLANRWST LL26 0EH @ £9.50 plus £2.50 p&p. Barbara writes "I do hope that you and all your members are safe and well at this difficult time. I would like to draw your attention to the new book. It is dedicated to: The members of the Women's Institute past and present - for whom I have the greatest admiration and respect. Of the 275 pages, 101 concern the first WI in Britain-at Llanfairpwll and the some of the amazing founder members - who were literally manning soup kitchens one day and attending balls at Buckingham Palace the next! I realise that you will not be meeting at present, but if you can let your members know about the book - either if you have any communication with them, or when you meet again, I would be very grateful. Kind regards, Follow <https://carreg-gwalch.cymru/war-peace-and-the-womens-institute-2469-p.asp> the link to order – it looks an interesting read



"Hi Joanne,

Thank you for the interesting Newsletter lots to read. As a Samaritan it was good you are spreading the word about our organisation. Lots of changes going on at the moment in Samaritans ,but we trying our best to be there for our callers during this difficult time.

Regards - Liz Matthews

Thank you another great News Letter - Ruth Liddle

## Zoomers

Many thanks to all those ladies who attended the Presidents Plus One zoom chat. We had 8 WI's represented and it was great to see those that were virgin zoomers joining us – Rowlands Gill, Whickham Fellside, Chilton Moor, Herrington, aswell as Jarrow, Bowes Belles, Whickham Fellside, Washington Station. We discussed what each WI had been upto to keep in contact with their members and got some great ideas for future Federation talks. Once again, many thanks for your ideas and your questions.

## Enjoying Art with Children presented by the NFWI and The National Gallery ?

### Virtual session for WI members only - Friday 17 July 2020 at 4pm

Would you like to feel more confident in your ability to get the children in your life excited by paintings? Do you want to learn how to play with paintings and their stories – even when you are seeing the painting for the very first time yourself and don't have all the answers?

To celebrate National Children's Art Week with Engage (<https://engage.org/happenings/childrens-art-week/>), join National Gallery educators to learn fun, fool-proof strategies for bringing a painting to life for children. Katy Tarbard and Ed Dickenson will talk you through ways of looking, thinking and imagining, whether you are visiting an art gallery or at home. You don't have to be an art expert to have a lot of fun.

You will need a pencil or pens and some plain paper.

### Join Zoom Meeting

<https://us02web.zoom.us/j/87432342186?pwd=ODBNYWhEeVBhaoUwc1JHa3ozRjBZQTo9> Meeting ID: 874 3234 2186, Password: 769168

Our Federation's meetings are scheduled below. If your WI has been allocated a slot with your Federation Group and you can't make it please feel free to join a different meeting. I would be grateful if you are going to join a different meeting that you let us know beforehand so as to not overload the zoom platform with too many participants. I am really looking forward to seeing as many of you as possible. This is a chance to see other people, ask questions, raise issues and share good ideas, so please do take the opportunity. The meeting entrance numbers are always in the news bulletin which is emailed to you. When the news bulletin is posted on the Federation Facebook page the numbers are blocked out for security reasons as this page is also open to the general public.



If you need any help with zoom please contact Joanne, she can set up a practice meeting with you and explain some tips – she's a wizard!!



Date	Group	Meeting No. & Password
Thursday 9 <sup>th</sup> July 7pm	Clavering Group	
WI's	Kibblesworth, Fells Angels, Whickham Village Belles, Dilly Dollies	868 7151 9947 789 039
Monday 13 <sup>th</sup> July 7pm	Stella Group	
WI's	Chopwell, Greenside, Whickham Fellside, Winlaton and Rowlands Gill	819 1071 2257 994 206
Wednesday 15 <sup>th</sup> July 7pm	Chapman Group	
WI's	Cleadon, New Cleadon, Sisters of Shields, Jarrow, Fulwell and any ladies in Boldon Ladies in Waiting	812 5120 5807 294 815
Thursday 16 <sup>th</sup> July 7pm	Benedict Group	
WI's	Ewesley Road, Herrington, Tunstall, Chilton Moor, Gilpin and Hylton	837 7380 1202 903 169
Monday 20 <sup>th</sup> July 7pm	Lambton Group	
WI's	Old Penshaw, Washington Concord, Washington Station, Bowes Belles, Fatfield and Harraton	895 4952 5655 527493

### Top tips when using Zoom

Last night a couple of members had a problem with not seeing everyone – you will need to turn on **gallery view**. Gallery view lets you see everyone in the meeting at once, instead of just the person speaking. To turn that on, click the tab that says "Gallery view" in the top right corner. If the meeting has 49 or fewer attendees, you'll see all of their screens displayed on one page. If there are more, you'll have the option to move between multiple pages. Change it back by clicking "Speaker view" in that same top right corner.

And just incase you ladies have your PJ's on and no makeup this might be a useful tip. Joanne tells me she always uses it all the time - Turn on the beauty filter - Zoom's Touch Up My Appearance feature may be for you. The filter aims to smooth over your appearance, making you look dewy and well-rested. If you've ever used beauty mode on your phone's selfie camera, you know what you're getting. To turn it on, click the up arrow next to Start Video. Click Video Settings, and under My Video, check the box for Touch Up My Appearance.

## Remember

- No newsletter next week
- Contact is only by Email or my mobile number 07718 231984
- To let Joanne, know if you are interested in the 100 club or doing a 'show' to see what we have been making in lockdown.

We have a few recipes to share with you this week and as it's a bumper edition you will have plenty of time to cook them. We have included them as a separate document this week, we are getting nearer to a book.



I finally wanted to share with you the sad news we received last week that Elizabeth Lyle, from Washington Concord had passed away. Elizabeth had been a member of the WI since she was 16 and she was always devoted and hard working. She was known as the 'Tea Lady' which is a very prestigious position at Washington Concord. She always had a smile and will be missed by all her friends at Washington Concord. Our thoughts are with her family.

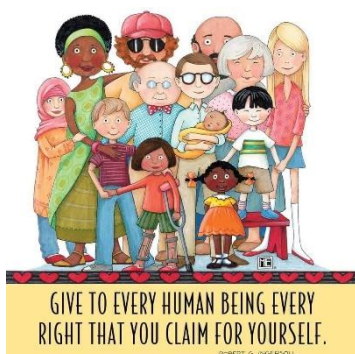
What a great photo of Elizabeth, smiling as normal.

Take care

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 [macarter1@hotmail.co.uk](mailto:macarter1@hotmail.co.uk)



For information and support on domestic abuse, contact:

- **Police:** 999 press 55 when prompted if you can't speak
- **Refuge UK wide 24-hour helpline:** 0808 2000 247

**Survivors say domestic abuse is escalating under lockdown**