

News Bulletin 38

11th May 2021

Charity Number 1099003

Hello Everyone,

I hope you are all safe and well and coping with the changeable weather.

Last night we heard the good news that from next Monday we have a bit more freedom to get out and about, coffee and cake in coffee shops, a pub lunch in a pub and it will be legal to hug each other again- oh happy days!

I'm looking forward to hearing all about your adventures as you venture out to test your newly gained freedoms! You can meet in groups of up to 30 outside and if all goes well by the end of June, we will be on track for regular meetings again depending on our venues being available.

Notwithstanding that, we must stay vigilant and conform to whatever restrictions stay in place. The Board of Trustees are mindful that for many members it will be a tentative re-entry into social situations and so we will continue to provide a zoom programme up until the end of October by which time hopefully we will be nearing some sort of normality.

The Federation committees are already considering what events we can put on for us to get together. I do hope that you will join in Federation events going forward.



Federation Dates for your Diary

Date & Time	Event	ID/ Password
Thursday May 27 th 7pm	Conspiracy Theories – A talk from Andy Thomas, who is one of the UK's best-known researchers into conspiracies. He is the author of many books and appeared on many TV and radio shows.	859 3659 1602 075874
Saturday 26 th June 2pm	Walk –Herrington Park – Meet in the car park at 2pm for a leisurely stroll around the park. If you don't want to walk just bring a chair and your flask/picnic and enjoy the company. <i>(we will be walking in line with government guidelines)</i>	
Thursday 24 th June 7pm	Karen Tann – Zumba Exercise – something a little different for the Federation, please join with a floaty/chiffon/silky lightweight scarf and two wooden spoons (or similar) ready for some of the exercises.	856 5092 4587 676010

Thursday 15th July 2021 at 7pm	Below Deck - What really goes on behind the scenes on a cruise ship! Kevin Reay and Adam Allinson have both travelled the world working onboard numerous cruise ships! Find out the juicy tales of what really goes on below deck in this entertaining presentation! No topic is off limits!	859 6474 3774 933143
Wednesday 21 st July 10.30am	Cleadon Hill Walk. The route is below, it's a 5.28-mile ramble over the hills and the coastal path at South Shields. Meet at 10.30am at the Marsden Inn car park. <i>(we will be walking in line with government guidelines)</i>	
Wednesday 18 th August 2021 10.30am	Washington Riverside Walk – Again the route is below, it's a 6.18 mile stroll along the river over the golf course with Penshaw monument in the distance. Meet at 10.30am at the Biddick Pub car park. <i>(we will be walking in line with government guidelines)</i>	
New Thursday 16 th September 2021 7pm	The Plague Doctor exiled Geordie, living in the glorious Peak District..... and with a very entertaining and different story to tell.	840 6630 7320 212507

CRAFT DEMONSTRATIONS

Sat June 5 th 2021 10.30am	Paper Roses	841 2831 2909 paperroses
Sat 3 rd July 2021 10.30am	Rubber Stamping - first steps to make us all artists.	849 9638 7253 647173
Sat 4 th September 2021 10.30 am	Vases for nothing - up cycling to make pretty containers	889 2126 3196 418846
Sat 2 nd October 2021 10.30am	Modelling with lightweight air-dry clay	830 4198 8597 994216



Denman At Home. <https://www.denman.org.uk/calendar/> This is what is on this weekend. Nuno felting sounds interesting, this technique bonds loose fibre, usually wool, into a sheer fabric such as silk gauze, creating a lightweight felt – something new ?

May 14, 2021		Friday
all-day	● Online Course : Gentle Mindful Yoga with Elaine – 6 Part (Daytime)	
all-day	● Online Course : Word Foundation with Tilo – 4 Part Course	
all-day	● Online Course : Make an Oven Glove, Potholder and Ironing Mat with Claire	
all-day	● Online Course : Restful Sleep with Elaine (Free Course)	
all-day	● Online Course : Simon's Talk on Australian Soldiers in the First World War (Daytime)	
all-day	● Online Course : A Taster of Nuno Felting with Sue (Saturday)	
all-day	● Online Course : Freehand Machine Embroidery with Stacey – Ornate Plate (Saturday)	
all-day	● Online Course : Using Foils and Metallic Leaf in Cardmaking with Liz (Saturday)	

Invites from WT's

New - Washington Station would also like to invite you to their meeting on Tuesday 18th May, 7.15 for a 7.30 start. with "Paulus- Life is a Cabaret". Paulus will be celebrating the art-form of Cabaret. Dust off your feather boas ladies, open some 'fizz' and explore the world of Cabaret Showbiz! Please contact Elaine Wright, elaine.wright22@yahoo.com, President for Zoom codes for the meeting.



Read and Rhyme

Recommendation for an ebook this week – I always read on my I pad

Into the Fire

by Rachael Blok
(£18.99, HB, Head of Zeus)

In a mansion in Hertfordshire, 11 guests are signing a deal uniting tech, politics and the environment. One guest has been receiving online abuse, so DCI Maarten Jansen is there to keep an eye. But after a helicopter crash, Jansen realises there's a killer in their midst. A classic mystery that sizzles with suspense.



An Act of Love

by Carol Drinkwater
(£7.99, PB, Penguin)

Carol Drinkwater returns with a poignant new novel about the power of first love and courage in our darkest hours.

Sara and her parents are forced to flee war-ravaged Poland and find happiness in a beautiful but dilapidated house in the French Alps. But as the enemy closes in, a shadow falls over the bliss of summer – and Sara's blossoming romance is interrupted before it can truly begin. A moving story of love, friendship and bravery that simply races along.



Love in Five Acts

by Daniela Krien (£14.99, HB, Quercus)

A bestseller in Germany, this exquisite portrait of the lives of five women is utterly captivating. Each chapter is devoted to one woman – her hopes, loves and losses – and each life overlaps with another. Paula finds love after losing her child and eco-fanatic husband. Judith trawls online for a partner, while Brida struggles to combine writing and family life. Sisters Malika and Jorinda seek happiness where they can against a backdrop of post-unification divisions and their father's untoward behaviour. A beautifully written masterclass in human frailty.





**“An insight into the Hay Festival” by
Debra Phippen**

I go through phases of reading - I am not a bookworm. I like the idea of reading the classics but to be honest with you, I am more of a '3 for £5' from The Works. Often these books revolve around a girl who ends up working in or running a cafe, meeting the man of her dreams and they all live happily ever after, once any grudges/legal battles or past lovers have been dealt with.

BUT, last year during Lockdown 1, I was told about the Hay Festival, which was held online for the first time. Given that there wasn't much else to do, I registered for a few events, each lasting no more than 50 minutes. Then I became addicted. One event in particular has stayed with me - Stephen Fry, reading from his latest novel, late one Friday night. It was like Jackanory for adults!

This year, the festival runs from Wednesday 26th May - Sunday 6th June which is great as it mostly falls in the Half Term holidays. There are lots of family events too, like David Walliams talking about and reading some of his book 'Code Name Bananas'. Register for free by going to: <https://www.hayfestival.com/wales/home> and click on 'how to register'. You'll be sent an email with a link to join, nearer to the time of the event.

This year, I'm looking forward to listening to the former Governor of the Bank of England, Mark Carney. There are lots of authors listed that I do not know but that's part of the fun - if you pick something that isn't your cup of tea, you can leave at any point and move on to the next event in your schedule. Guests this year include Richard Osman, Jojo Moyes, The Reverend Richard Coles, David Hockney and Sarah Raven (I've often grown her seeds) but there are far too many to mention. There really is something for everyone and I'm looking forward to being inspired to maybe buying a book that isn't about tea and cake!

Why not have a browse there is something for everyone

Hay Festival – Wednesday 26 May to Sunday 6 June 2021

WHAT'S COOKING?

Well, the weather is rubbish at the minute so why not cheer yourself up with some sweet treats.

TRIFLE-MISU

We took our favourite elements from trifle and the best bits of tiramisu to create this fusion dessert. It's rich, fruity and creamy, with a boozy hint.

SERVES 6

For the compote:

- ✦ 300g (10oz) raspberries
- ✦ 15g (½oz) caster sugar

For the cream:

- ✦ 3 egg yolks
- ✦ 60g (2oz) caster sugar
- ✦ 250g pot mascarpone
- ✦ 1tsp vanilla bean paste
- ✦ 125ml (4fl oz) whipping cream
- ✦ 3tbsp medium-sweet Marsala wine

To assemble:

- ✦ 24 amaretti biscuits, gluten-free
- ✦ 50ml (2fl oz) strong coffee (50ml water + ½tsp instant coffee)
- ✦ 30g (1oz) white chocolate

You will need:

- ✦ 6 glasses

1 Start by making the compote. Set 6 berries aside and put the rest into a pan with the sugar. Cook over a low heat, mixing until the berries fall apart. Bring to the boil and set aside to cool.

2 For the cream, put the egg yolks and sugar in a bowl set over a pan of simmering water. Using a hand-held electric whisk, beat until the mixture balloons in volume, and turns thick and pale.

3 In a separate bowl, whisk the mascarpone, vanilla, cream and Marsala together until stiff. Gently fold the 2 mixtures together and set aside.

4 Dip 12 of the biscuits into the coffee and break 2 of them into the base of each glass. Grate over the chocolate using a fine Parmesan or nutmeg grater. Divide half the compote between the glasses, followed by half the cream mixture. Repeat the layers using the remaining 12 biscuits/compote/cream and then top with the set-aside raspberries and extra grated chocolate. Chill for 2 hrs, or overnight, in the fridge.

5 Remove from the fridge 30 mins before serving.

PER SERVING

591 cals, 40g fat, 20g sat fat, 42g carbs

TIP If you have time, setting these overnight will improve the flavours.



PER SERVING

222 cals, 12g fat, 3g sat fat, 13.5g carbs

STRAWBERRY CLAFOUTIS

A delicious French summer classic with a strawberry twist. We love clafoutis for many reasons, but chiefly because it's effortlessly easy to prepare.

SERVES 6

- ✦ 15g (½oz) butter
 - ✦ 3 eggs, beaten
 - ✦ 200g (7oz) quark
 - ✦ Zest of 1 orange
 - ✦ 100g (3½oz) caster sugar
 - ✦ 45g (1½oz) ground almonds
 - ✦ 30g (1oz) plain flour
 - ✦ 100ml (3½fl oz) full-fat milk
 - ✦ 1tsp vanilla essence
 - ✦ 600g (1¼lb) strawberries, hulled and quartered
 - ✦ 20g (¾oz) flaked almonds
 - ✦ Half-fat creme fraiche, to serve
- You will need:**
- ✦ Ovenproof dish (we used a 35 x 20cm/14 x 8in oval dish)

1 Heat the oven to 180C/Gas 4. Melt the butter and use it to

grease the ovenproof dish.

2 Mix the eggs and quark together until smooth. Add the orange zest, sugar, ground almonds, flour, milk and vanilla essence. Combine.

3 Pour the mixture into the dish and scatter the strawberries on top. Cook for 35 mins.

4 Scatter over the almonds and cook for a further 10 mins.

5 Rest for 10 mins before serving warm with creme fraiche.

TIP Clafoutis is traditionally made with cherries, but any berries work. When berries are out of season, thawed frozen berries are a good alternative.

HOMEMADE Bounty bars

Makes 8

200g desiccated coconut

200g condensed milk

½ tsp vanilla extract

300g milk chocolate

1 Line a 15cm square baking tin with cling film and set aside.

2 In a bowl, stir together the desiccated coconut with the condensed milk and vanilla extract. Pour into the prepared tin and leave to set in the freezer for one hour, or in the fridge overnight.

3 Cut the set mixture into small bars about 3cm across and 6-7cm long.

4 Use your finger and thumb to round off the corners to imitate real chocolate bars. Place on a wire rack over a baking tray.

5 Place the chocolate in a bowl set over a

pan of gently simmering water, making sure the bottom of the bowl does not touch the water. Allow to melt until completely smooth.

6 Pour the melted chocolate over the bars to coat completely. Level it with a skewer to form a smooth, clean top on each one.

7 Use a skewer or the back of a knife to create three parallel lines on each bar.

8 Allow the chocolate to set in the fridge for five minutes before serving.

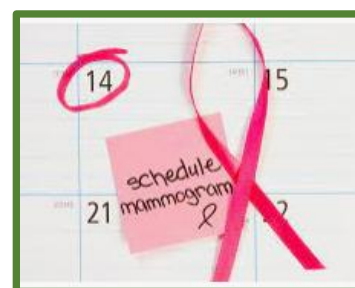
Per bar 447kcal, 29.4g fat (23.5g saturated), 41.8g carbs (34.8g sugars), 6.6g protein, 5.4g fibre, 0.071g sodium



Postbag –

“Fab newsletter again. You two should start your own magazine 🤪 it’s that good a read” Xx – Liv Mckie Dilly Dollies

Teresa Rowell – Herrington WI would like to remind all our members that Ladies of a certain age, i.e. over 70. have to book their own breast screening, mammogram appointments, they don't come automatically now. Teresa recently had her check and was asked to attend another appointment. Thankfully, all went well but remember its UP TO YOU. She is a Grateful NHS Supporter.



Joanne would like to add ‘she thought her lump was nothing - it wasn’t - get it checked out’ !!!!

WI news There is always plenty happening with NFWI , being part of a national organisation means that we always have something we can participate in. Why not join this webinar? It's free and you can find it on Eventbrite to book a place, I've got my ticket.

Join our Women in Leadership webinar

THE WI PRESENTS...

WOMEN IN LEADERSHIP

theWI
INSPIRING WOMEN



FRIDAY 21 MAY AT 1PM VIA ZOOM WEBINAR

On Friday 21 May from 1pm - 2.30pm, we will be hosting an exciting free webinar on 'Women in Leadership'. You will have the chance to hear from an excellent panel of speakers who will come together to discuss the importance of having more women in leadership in tackling climate change, achieving gender equality and building towards Covid-19 recovery.



The WI (National Federation of Women's Institutes)

10 h · 🌐

It's [#MentalHealthAwarenessWeek](#) and we're excited to launch [#MeMyselfandWI](#), a programme that aims to help you easily recognise ways in which you can support your mental and physical health.

Explore our range of resources, activities and information by visiting <https://www.thewi.org.uk/home/me,-myself-and-wi> 🦋

[#MakeTimeforMentalHealth](#)



Have your say!



There is a consultation on women's health that the Department of Health and Social Care are running. The government has launched a call for evidence so that they can better understand women's experiences of the health and care system. Women are being urged to share their experiences to form the basis of the new Women's Health Strategy. The strategy will set "an ambitious and positive new agenda to improve health and wellbeing and ensure health services are meeting the needs of women".

As things stand, less is known about conditions that only affect women, including common gynaecological conditions which can have severe impacts on health and wellbeing but for which there is currently little treatment. A key example of this is endometriosis, where the average time for a woman to receive a diagnosis is seven to eight years, with 40% of women needing 10 or more GP appointments before being referred to a specialist.

There is also evidence that the impact of female-specific health conditions such as heavy menstrual bleeding, endometriosis, pregnancy-related issues and the menopause on women's lives is overlooked. This includes the effect they can have on women's participation in the workplace.

As well as health issues specific to women such as reproductive health, the strategy will look at the different ways in which women experience health issues that affect both women and men. Women with health conditions such as diabetes, heart conditions and osteoarthritis are also being urged to share how their condition has affected them.

This initiative is crucial. According to the Office for National Statistics, although women's life expectancy is higher than men's in the UK, women on average spend less of their life in good health compared with men. Since the 1980s, women's life expectancy in this country has been improving more slowly than men's life expectancy.

The consultation will run until 13th June so get yours done now!

Congratulations to Lois Benson of Sisters of Shields WI who made it to the pages of WI Life sharing memories of her much-loved gran on the books page.



Lois Benson, Sisters of South Shields WI, Tyne & Wear South Federation

BOOK *Vail d'Alvery*

by Frances Parkinson Keyes

When my gran, Muriel Loughton, was younger, she lived in America for six months or so and read *Vail d'Alvery* by Frances Parkinson Keyes. She would tell us grandchildren about this novel and her regret at never being able to find a copy. One Christmas, I was determined to find the book for her, but no one could trace it. Eventually, I found it at Barter Books in Alnwick (one of my favourite places in the world). I knew it was fate.

One of my happiest memories is seeing the joy on her face and her telling me, 'It's like meeting an old friend'. We lost my gran in the last lockdown but I inherited her copy of the book which I read, sipping coffee from her beautiful Scandinavian set of china. It brought me immense happiness and comfort to get to know her old friend.

The Federation virtual craft event held on 1 May was enjoyed by a number of members. The topic was Faux Enamelling and Margaret Carter demonstrated this technique in a number of ways. A great way to make Christmas tree ornaments, key rings, coasters, pictures and brooches. The small trinket boxes were much admired and a couple of members have indicated that they are going to have a go.





MENTAL HEALTH AWARENESS WEEK, MAY 10th -16th 2021

Christine Parker – Public Affairs Ambassador

Over the last 13 months of pandemic and all the issues we have experienced during this time, our mental health and that of others has been highlighted as a growing concern. Isolation from friends and family, the inability to go outside when shielding, the worry about catching Covid 19 are just some of the struggles many of us have faced. Mental Health Awareness week comes round every year, but perhaps this year there is more relevance for many of us.

I am one of the lucky ones. I have been able to go outside my home and walk through the wonderful green spaces in and around Washington. I have had my husband for companionship during this time. We have mastered the art of Zoom to keep in touch with our children, friends and family and I have formed a bubble with my 86-year-old Dad which has helped him, me and my family ensure he is safe. What we haven't been able to do is hug each other, kiss each other, be in the same indoor space as our children and we haven't been able to visit my 83-year-old Mam in her care home. However, I would say I have managed my mental health well through the activities I have done and the communications I've made over the year. Having people to talk to and sometimes walk or run with has been wonderful.

I also know some people who have been challenged through the pandemic and still have challenges. One friend is finding it hard to be brave enough to leave the house and meet friends. She has no major underlying health issues but has shielded because she believes she is a vulnerable person and was scared in case she caught the virus. Now the shielding time has come to an end to take the massive step to meet up with another person is a massive challenge for her. She has now met up with me and some other friends, individually, for walks, but will not meet with more than one person and will not meet others in a garden. Her family have supported her and acknowledged her anxieties and have helped her cope. Small steps are the answer for her and her friends and family are supporting her in this move towards normality.

I think we can all help people, we might know, who are struggling. Communication is the key. Talking helps. So, let's make more of an effort during Mental Health Awareness week to talk to each other. Get outside for a walk. Enjoy the open spaces around where we live. The Dawn chorus will be in full song, so get up early to enjoy it.

I am a Friend of Princess Anne Park, in Washington, and working with the Galleries management team we are encouraging people to use the park during this highlighted week. You can walk through the park; help with the litter pick; take photos and enter the photo competition. The park has been well used during the lockdowns but we want people to continue using it and respecting the

environment we have on our doorstep. Many residents in Washington don't know the park is there and have never walked through it. You may be aware of similar open spaces in the places you live. Why not go for a walk and take someone with you?

You can find more information and suggestions of what you can do during the week at My WI.

[Me, Myself and WI | National Federation of Women's Institutes \(thewi.org.uk\)](http://thewi.org.uk)



We have been contacted by the Charity Deaf link – there are some very useful bits of information in this article for us all to read

Can you hear me? Can they hear you?

Lockdown has been difficult for everyone however, for those with hearing loss there have been additional challenges. The world turned to telephones or videos to communicate and this provided several challenges. Some people can't hear over the phone and when you rely on lip-reading people talking to you with masks on is an impossible situation.

Many people experience hearing loss as they get older, as the result of illness or industry related but often it happens gradually and naturally. It can be embarrassing to admit you struggle to hear and it is tempting to withdraw and avoid social contact. There is a great deal of ignorance and assumption about hearing loss, most services and social settings assume you are able to hear but there are adaptations that can help. Deaflink Hard of Hearing project can help by:

- Offering the opportunity to meet others in a similar situation to share experiences and knowledge through our support groups for people with hearing loss or tinnitus.
- Providing one to one support - every person experiences their deafness as an individual. We will help identify potential solutions, adaptations and offer information and support.
- Finding other sources of help and support, if we don't know the answer, we find someone that does!

If you live with, work with or know someone with hearing loss have you ever thought about how you communicate with them? Did you know that simple strategies can make someone with hearing loss feel valued and included? For instance

- Did you know if you stand with your back to the window this leaves a shadow over your face making it impossible to lip read?
- Did you know that background noise makes it more difficult for people to hear, so turning off the radio that nobody is listening to is a great idea!
- Do you always remember to face the person when you are talking to them?
- Do you know shouting at someone because they can't hear makes them feel anxious? Instead try to rephrase what you have said as this might make your lip patterns easier to read.

If you would like more information visit <https://www.deaflink.org.uk/services>

Alternatively contact Louise McGlen louisemcglenn@deaflink.org.uk Tel/ SMS: 07783 754 343

I came across this interesting article about improving your memory, I thought I'd share it before I forgot about it!

How to improve your MEMORY

Who hasn't walked into a room and forgotten why? Here's how to keep memory muscles sharper for longer



Naps are good for you

Sleep deprivation can make us struggle to remember things – that's because memories stick in the brain when we're snoozing. Scientists think a half-hour doze can boost the brain's ability to retain information, so keep naps short, and ensure you stick to a regular bedtime.



Those embarrassing 'forgetful moments' might be pretty familiar, especially if you're aged 50-plus. But, interestingly, they occurred in our 30s too – we just didn't worry about them as much then! The good news is it's possible to stay sharp, especially if you build up good habits and stick to them.

There's plenty you can do to help your memory – from chatting to eating chocolate...

Have a chinwag

Next time your neighbour says hello, stop and chat – it might help your memory. 'Individuals who are more socially engaged have a lower risk of cognitive decline,' says Professor James Goodwin of the Brain Health Network and author of *Supercharge Your Brain*. Loneliness is a risk factor for dementia, so keep in touch with friends, join local groups and connect with people of all ages.

It's true!

Relying on a satnav makes it harder to remember routes, research shows. It may even shrink the part of our brain responsible for spatial awareness.

Sit down less

'Declare war on the chair,' says Professor Goodwin. Research suggests that being too sedentary may shrink the part of the brain tied to memory. Stand when you can and take regular breaks from sitting – make a cup of tea or walk up and down the stairs. Exercise helps to stimulate the growth of brain cells and forms new connections between them, so aim to do some physical activity every day.

Food (and water) for thought

Overeating from midlife onwards has been linked to

memory loss later on, so eat the right amount and choose a variety of food. That includes flavonoids, which are good for mood and memory, and are found in fruit and veg, tea, red wine and chocolate. Aim to drink two to three litres of fluids, like water, daily – people perform less well in memory tests when they are dehydrated.

Take up a hobby

Learning a language has been shown to develop the part of the brain responsible for memory, while dancing, playing cards, creative writing and yoga are also great memory-boosters. Make your hobby something you really enjoy so you feel the benefit at any age.

✦ **Supercharge Your Brain** by Professor James Goodwin is out now (£14.99, Bantam Press).

Do you know what is good for you? Look at all these reasons to eat asparagus.

6 good reasons to eat *asparagus*

Spearhead Nutrition

Some people might find their urine smells odd after eating asparagus. This is because asparagus contains asparagusic acid, a compound high in sulphur, which releases strong-smelling volatile components (which means they vaporise easily) when digested by the body. The smell can be detected as quickly as 15 minutes after a meal. The health benefits of asparagus, however, far outweigh this unusual side effect.

To retain as much of the nutrition as possible, serve asparagus chopped raw in salads or lightly steamed.

Improve Your Mood

Asparagus is a great source of vitamins – A, C, E, K and B6 as well as folate, iron, copper, calcium and protein. The vitamin K is crucial for blood coagulation and bone health because it helps the body absorb calcium, and the B vitamins can help lift the spirits and ward off irritability.

These tasty spears also contain high levels of an amino acid called tryptophan which has been linked to improved mood. Be careful not to overcook as you risk these precious nutrients leaching into the cooking water.

Home Grown Miles Better

One very good reason to eat asparagus during the summer months is because you can enjoy the delicious taste and health benefits of a UK-grown crop which has a significantly lower carbon footprint than asparagus which typically has to be flown all the way from Peru during the winter months.

Helps Flush Out Toxins

The high levels of the amino acid asparagine make asparagus a natural diuretic – this means it can help flush excess fluid and salt from the body, and it could help prevent urinary tract infections by encouraging you to go to the toilet more frequently, thereby clearing out potentially harmful bacteria.

Bolster Immune System

There's plenty of fibre in asparagus, too – both insoluble fibre which is great for digestion, and the soluble fibre which your gut bacteria loves. This means it can help aid weight maintenance and ease bloating, plus help to reduce your risk of high blood pressure, heart disease and diabetes. Try roasting your asparagus with a little olive oil to help your body absorb the vitamin E. This important vitamin helps strengthen the immune system, protects the cells from the harmful effects of free radicals, and stimulates production of the hormone oestrogen in women and testosterone in men.

THE SCIENCE BIT

per 100g

- 20 calories
- 2.1g fibre
- 3.9g carbohydrate
- 2.2g protein
- Vitamins A, C, B6 E, K
Folate, Choline
- Minerals – calcium, iron, magnesium, potassium, selenium



Some interesting facts to share with you, I never imagined any civilisation would need a god of lettuce!

WOW!

Centauri Honey is the world's most expensive at £8,700 per kg!

◆ The first phone box library was set up in Westbury-sub-Mendip in Somerset in 2009.



Paul Daniels' real name was Newton Edward Daniels

◆ 15-year-old Monty Lord has become the youngest fellow of the Royal Society of the Arts.

◆ 48 women worked supply barges in teams of three on Britain's canal system in WW2 and were nicknamed "Idle Women" from the IW (Inland Waterways Dept) badges they wore.

◆ Min is the ancient Egyptian god of lettuce...



◆ The **Portrait of a Musician** is the only portrait of a man by Leonardo da Vinci.

◆ The pattern on a humpback whale's tail is as unique as a human fingerprint.

◆ Baboons wake up 18 times during the night.



A bask is the collective noun for crocodiles

◆ The Queen is the only person in Britain who doesn't need a passport to travel overseas.

◆ Draughts is based on an ancient game called Alquerque.

WOW! In Japan you can buy whiskey-flavoured KitKat.

◆ Molly Williams became the world's first female firefighter in 1815.

◆ Fingernails grow an average of 3.5 millimeters per month.

FANCY THAT!

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



◆ The world's smallest fidget spinner measures just 5.09mm across and uses the smallest commercially available ball bearing.

◆ May's full moon is called the **Flower Moon**.

◆ Superfan Ramiro Alanis has set a record for watching the same film the most times in cinemas, after watching 191 screenings of *Avengers: Endgame*.

◆ The Babylonians of 4,000BC were the first to have a census.

◆ WHER, founded in Memphis in 1955, was America's first radio station with an all-female staff.



Squirrels can't burp



£5 notes are nicknamed **Winstons** because of the picture of Winston Churchill



◆ The average person in business receives an email every 4 minutes, or 126 a day.

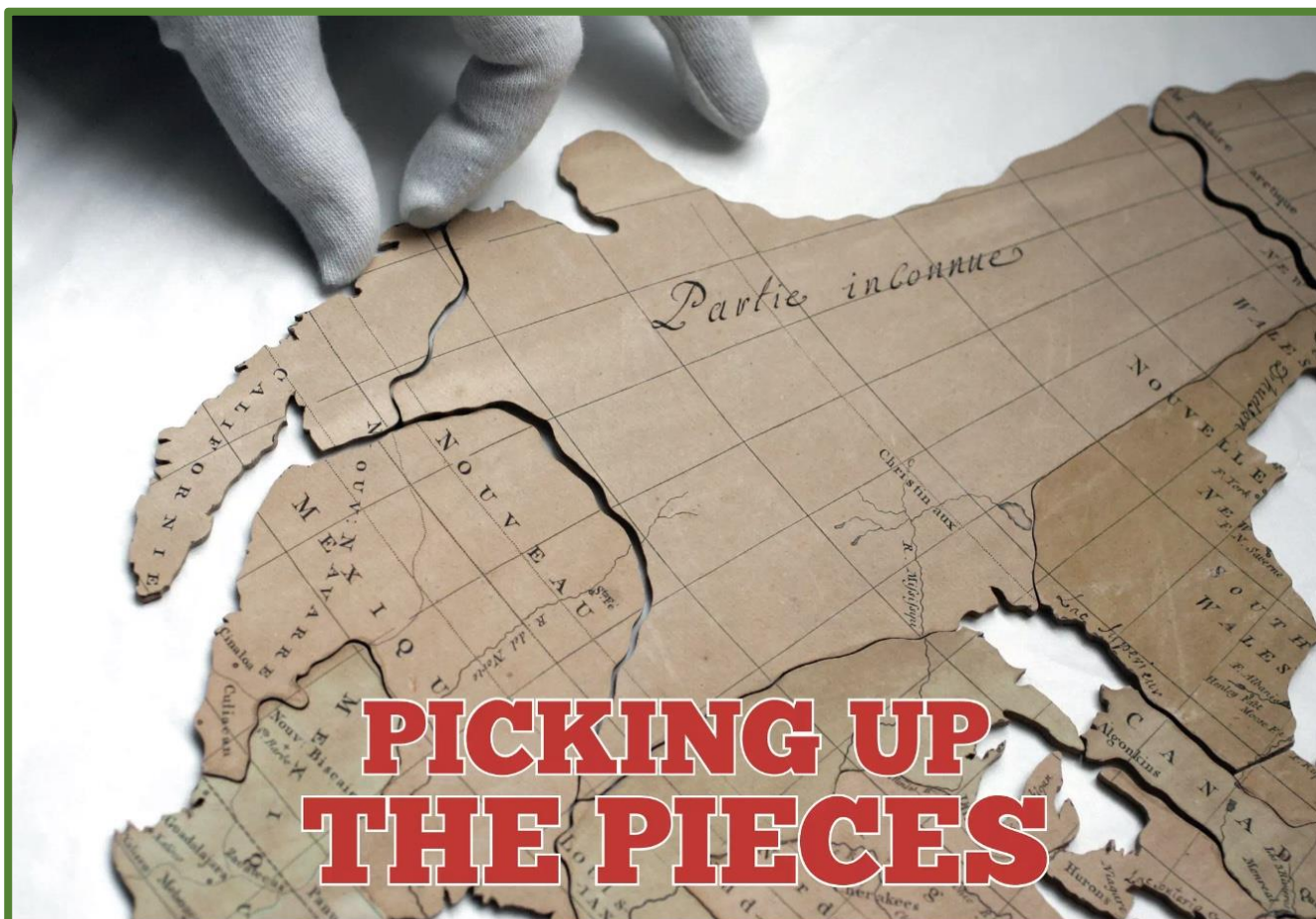
◆ Grasses make up more than a quarter of the plant life on earth.

◆ Black, green and white tea all comes from the same plant: *Camellia Sinensis*. It's the processing that produces different colours.

◆ *Midsomer Murders* is shown in other countries as *Inspector Barnaby*.



How many jigsaws did you get through during lockdown? The fascinating history of jigsaws is explored in this article.



PICKING UP THE PIECES

The humble jigsaw puzzle has educated and entertained for more than 250 years. Enthusiastic dissectologist **Claire Saul** discovers more

In 1760 engraver John Spilsbury – a former apprentice to Thomas Jefferys, geographer to George III – embarked on a business selling maps, later diversifying to print his own. For younger consumers, Spilsbury created a set of smaller, simplified maps mounted onto wood, designed to be cut into sections that could be reassembled, as an educational tool. The dissection was made by hand, and that meant that he had to simplify some of the coastlines and internal boundaries.

Over the next 20 years, these dissected map puzzles grew in popularity among educated households. They were a hit in George III's family. Royal governess Lady Charlotte Finch stored the puzzles she had commissioned for her charges in a bespoke mahogany puzzle cabinet, which held multiple maps of different nations and continents.

It was after the development of the jigsaw tool in the second half of the 19th century that dissected maps eventually became known as jigsaws, the more refined cutting process allowing the creation of

more complex and intricate shapes. By then, puzzles were enjoyed by all ages. Developments in printing techniques and the use of plywood helped to boost production and accessibility to reach a wider audience.

By the 1920s, companies were using puzzles as a promotion tool, as typified by Chad Valley's Great Western Railway series and the ocean liners of Cunard's puzzles. Sales boomed in the 1930s when puzzles helped to shore up flagging

spirits during the Great Depression. When the demand for plywood increased with the outbreak of World War Two, manufacturers switched to the use of cardboard, offering more attractive prices for all.

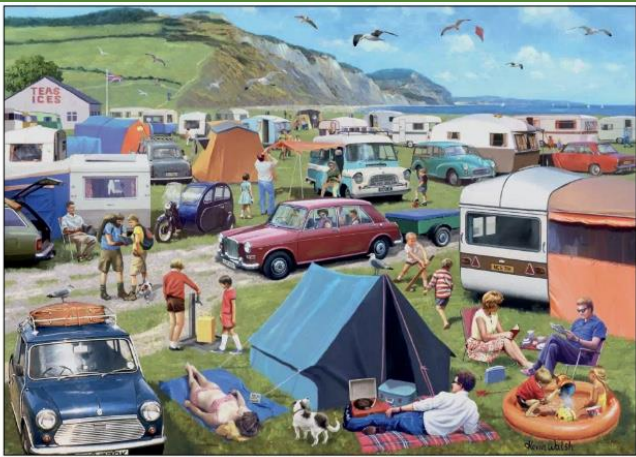
Dissectologists (jigsaw fans) of all ages have enjoyed the gentle challenge of a jigsaw puzzle across the decades since, and never more so than during the endless lockdown months. Since March 2020, sales have boomed for all puzzle manufacturers as we've filled empty days with the challenge of recreating the views of places we can't visit, or indulged in the comfortingly familiar scene of a favourite piece of art or historic building.

UK sales of puzzles and boardgames rocketed by an incredible 240% during the first official week of lockdown and they have continued to thrive ever since:

"Certainly, over the last year, a lot of people have returned to jigsaw puzzles, and also new people have joined in and that's fantastic for us," says Sarah Stevens, who



Top: A very early jigsaw aimed at teaching the geography of North America. Above: Ravensburger's busy production line.



The 1,000-piece *Camping & Caravanning* is part of Ravensburger's nostalgic *Leisure Days* range, created by artist Kevin Walsh. Ravensburger's Sarah Stevens plans a new jigsaw with artist Colin Thompson. Below: Jigsaws don't have to be square in any way.

has developed more than 2,000 puzzles for Ravensburger UK, across the last 35 years.

"When I started at Ravensburger, the market was predominantly photographic puzzles of country cottages or the sorts of places that you might visit on holiday, and that popularity continued until about 15 years ago, when illustrated work started to become more easily available.

"I then started to approach artists to create puzzles featuring illustrated cottages and gardens and fortunately that worked very well, and continues to do so. So while certain themes remain popular, the actual interpretation of those themes has changed."

"Now, our illustrated themes also include hobbies that people enjoy and, increasingly over the last 10 years,


nostalgic themes, which represent a safe and comfortable 'do you remember when...' place to return to.

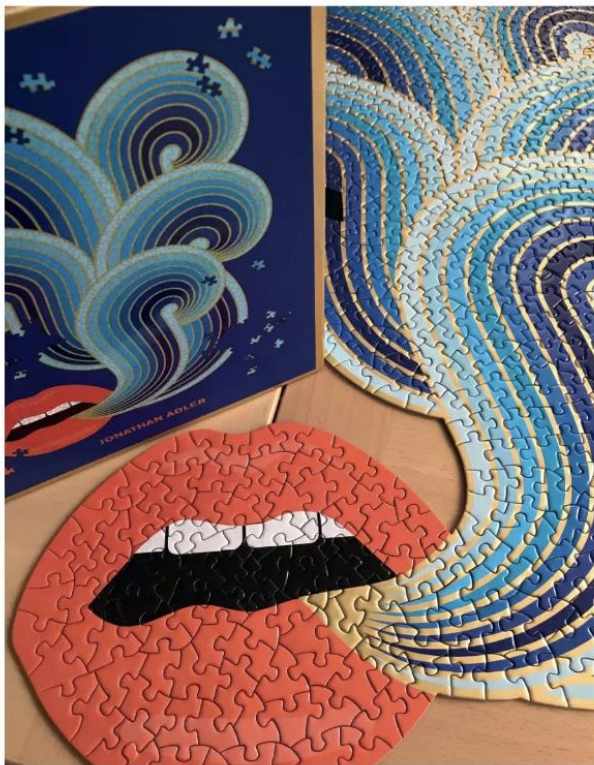
"We have a popular series called *My Haven*, inspired by the Great British Garden Shed of the Year awards, which features garden sheds where people escape to or where they do their hobbies. All depictions of escape are popular, whether you are dreaming about that day out in Whitby or whether it's a fantasy theme or a view of some beautiful animals in some lush landscape."

"There are lots of more contemporary designers coming into the puzzle market and the art styles have changed dramatically, but when you boil it down, it is broadly the same subject matter, just portrayed in a different way."

New market innovations in the past

few years have also included challenges such as double-sided images, puzzles requiring an imagination of an alternative perspective than that depicted on the outer lid, and 3D puzzles. Whatever your choice, the benefits of jigsaw puzzles to our wellbeing are well documented; dissection is a form of mindfulness, allowing the puzzler to connect to and concentrate on the present moment. It exercises the brain and brings with it a sense of pride and accomplishment, helping to boost self-esteem.

The next time you are rooting noisily around the puzzle box, looking for that elusive piece of missing sky or foliage, salute John Spilsbury, Georgian cartographer. His invention has been serving the educational and mental health needs of millions of souls, ever since. 



Piecing It All Together

Ravensburger's 40,320-piece *Memorable Moments* jigsaw puzzle which depicts well known characters in memorable Disney film scenes, was completed in record time earlier this year by Maxine Olive of Ontario. Maxine took 150 hours over nine days for the task, smashing teenager Jack Brait's previous record of 423 hours.

Kodak claims the world's largest commercial jigsaw puzzle. The company's 27 Wonders of the World puzzle stands at 51,300 pieces and is almost 16.5m square. Making the task somewhat easier, the 27 individual world views are bagged up separately and helpful tips are provided. It launched at around £400.

The Guinness World Record for the jigsaw puzzle with the most pieces is the 551,232-piece puzzle completed by 1,600 University of Economics students in Ho Chi Minh City in September 2011. It depicted a lotus flower with six petals representing different areas of knowledge.

A clinical study from Ravensburger and the University of Ulm, the Jigsaw Puzzle Study (Fissler 2018), found that those people who had solved jigsaws regularly maintained higher cognitive abilities than those who did not.

Word Search

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

NAVAL GAZING

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ANSON
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COLOMB
COWAN
EXMOUTH
FANSHAWE
FIELD
HAWKE
HOOD
HOWARD

JACKSON
KEITH
KEPPEL
KEYES
MILNE
MOORE
NELSON
NOBLE
OLIVER
PORTER

SEARCH ME!

Can you find the musical instruments in the grid? They will be placed only once and may be either horizontal, vertical or diagonal and go either forwards or backwards. There is one word listed that isn't in the grid – can you work out which one it is?

ACCORDION	EUPHONIUM
BAGPIPES	FRENCH HORN
BANJO	HARMONIUM
BASSOON	KEYBOARD
BUGLE	OBOE
CELESTA	ORGAN
CELLO	PANPIPES
CLAVICHORD	PICCOLO
CYMBALS	TROMBONE
DULCIMER	TRUMPET

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



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