

DCFWI News Bulletin

Issue 29: 14th May 2021

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INSPIRING WOMEN



Dear All,

Welcome to this month's bee-friendly Bulletin. Everything is also busy on our Facebook page and members' group this month - whether it's taking part in the Great North Bee Hunt, looking out for Rachel Duffy's excellent gardening ideas and tips or trying out some lovely recipes using honey.

There's quite a buzz at the federation too! The committees are working hard getting together some excellent ideas for events, which they will be revealing in detail as soon as lockdown is lifted fully.

The first planned get-together, all being well, will be the bring-and-buy gardening coffee morning on Saturday, June 26th at WI House. On Friday, July 23rd, we are hoping to hold garden parties in the beautiful grounds of the Denton home of trustee, Angela Dearlove. Full details coming soon!

I have no doubt that things are getting very busy in your WIs too as preparations begin for the first meetings in more than a year. These are exciting times - but possibly a bit nerve-wracking as we are so used to staying apart. Meanwhile, Zoom events continue so we can still 'see' each other in a virtual way.

To finish, a polite reminder to anyone who may have forgotten, do renew your membership so that we can all be together again and enjoy all the benefits of being in the WI.

Stay well and look after yourselves

Kindest regards,

Sue

Sue Fox, County Chairman

CELEBRATE  **WORLD ENVIRONMENT DAY**

Join Dr Niki Rust, environmental social scientist and programme manager of the North Pennines Area of Outstanding Natural Beauty, to discover the exciting projects which are helping to conserve and enhance our special local area.

This Zoom event is on Thursday 10th June at 7pm.
Book by 1pm, Tuesday 8th June.

 £5

To book: Please email the Office at durhamwi@btconnect.com, then EITHER bank transfer £5 to Durham County Federation of Women's Institutes, quoting reference WED plus your name sort code: 72-06-00, account number: 02406217 OR send a cheque payable to DCFWI to DCFWI, WI House, Barnfield Road, Spennymoor, DL16 6EB

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Once booked, you will receive your Zoom invitation.

Mouse in a Box Zoom Workshop

DCFWI are welcoming back popular Denman tutor Claire Salmon who will be showing us how to make a cute mouse in a box.



All participants will receive patterns, detailed instructions and a full list of materials required.

Claire will give even novice sewers the confidence to make the mice using small pieces of fabric and felt, basic sewing, some glue and a bit of imagination.

 £5


Tuesday 15th June at 7pm
Please book your place by 1pm Thursday 10th June

To book: please email the Office, durhamwi@btconnect.com then EITHER bank transfer £5 to Durham Federation of Women's Institutes, quoting reference CSM plus your name sort code: 72-06-00 account number: 02406217 OR send a cheque payable to DCFWI to DCFWI, WI House, Barnfield Road, Spennymoor DL16 6EB

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Once booked, you will receive your Zoom invitation.

Durham at Denman




Join County Chairman **Sue Fox** for a fond look back at the WI college

7pm, Tuesday June 22nd

This is a free Zoom event. To book your place, please email durhamwi@btconnect.com by noon on Thursday, June 17th

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Also featuring Denman and Durham craft tutor **Edna Oswald**

If you find yourself with spare plants or cuttings, please pot them up and save them. If restrictions are eased as planned, we are hoping to hold a bring and buy **Gardening Coffee Morning** at WI House on Saturday 26th June, 10am to 12noon. Refreshments will be available and everyone will be welcome!



Do you need help to use technology? You can access Zoom on your computer, tablet or phone. If you would like to join our Zoom events but are not sure how, email the Media Team, who will arrange a one-to-one tutorial to help you get connected.

300 Club winners: May 2021

149, Jean McCready, Newton Aycliffe; 292, Betty Stretton, Etherley & Toft Hill; 247, Barbara Miller, Tursdale & Hett; 245, Margaret Cuthbert, Bishopton & Great Stainton; 171, Margaret Salkeld, Tursdale & Hett.

NFWI Virtual Annual Meeting - 8th June 2021.

The meeting is open to all members. If you are not a delegate, you can take part as a visitor. Visit MyWI and book online, tickets are £9. Planned speakers are Sophie, Countess of Wessex, Metropolitan Police Commissioner, Dame Cressida Dick and Baroness Brenda Hale.

IN OUR INBOX



Ann Woodward, **Whorlton WI**, marked Captain Sir Tom's 101st birthday by taking on the challenge of completing 100 laps of the village green over 4 days. Despite the heavy rain, she was joined by relatives, neighbours and fellow WI members and achieved her goal on 3rd May. £1006 was raised for the Alzheimer's Society. Well Done!

RECIPE - Honeyed Peach & Pistachio Pavlova

5 large egg whites 175g golden caster sugar
100g light brown sugar 1 tsp cornflour
1 tsp white wine vinegar

For the topping

100ml clear honey, plus 2 tbsp
5 ripe but firm peaches thickly sliced
300ml pot double cream
seeds from 1 vanilla pod
200ml pot Greek yogurt

85g pistachio nuts, roughly chopped



Method Heat oven to 160C/140C fan/gas 3. Using a 20cm plate, draw a circle on a large sheet of baking parchment. When ready, dot a blob of raw meringue onto each corner of the baking tray and put the baking parchment on top – this way it won't slip.

Whisk the egg whites until stiff. Continue whisking and add caster sugar, 1 tbsp at a time. Add the brown sugar in the same way and whisk for another 1-2 mins until really thick. Add the cornflour and vinegar, and whisk until smooth.

Pile the meringue onto the parchment-lined tray. Make a dip in the middle and a few spikes of meringue around the edges. Place in the centre of the oven, shut the door and immediately turn the temperature down to 140C/120C fan/ gas 1. Cook for 1 hr 10 mins, then turn the oven off and leave until completely cold.

For the topping, put the 100ml honey in a wide frying pan and heat. Add the peach slices and cook for 1-2 mins on each side, over quite a high heat, until the peaches are sticky but still holding their shape. Cool.

Just before serving, assemble the Pavlova. Tip the cream, vanilla and remaining honey into a bowl. Whisk until it just holds soft peaks, then add the yogurt and, fold together until combined. Spoon the cream into the centre of the meringue and swirl it out towards the edges. Top with the sticky peaches and any saucy bits from the pan. Sprinkle over the pistachios.

Please continue to send us items for inclusion in the bulletin.

Email them by 21st May to

durhamwimediateam@btconnect.com



QUICK QUIZ:- What do you know about bees?

- How many eyes does a bee have?
a) 6 b) 5 c) 8 d) 12
- How many pairs of wings does a bee have?
a) 1 b) 4 c) 6 d) 2
- How many types of bees are there in the whole world?
a) About 25,000 known species b) About 15,000 known species c) About 1000,000,000 known species, d) Around 100.
- How much honey can a single honey bee make in its life time?
a) About a twelfth of a teaspoon b) About a tablespoon c) About a gallon d) About a jar
- Which of these foods is not pollinated by bees?:
a) Blueberry b) Runner bean c) Mushroom d) Pumpkin
- For how long can a queen honey bee live? (assuming she is not killed by predators, and does not catch diseases):
a) Possibly 3 – 4 years b) About 6 weeks c) Possibly 24 - 36 weeks



Have you joined our members' Facebook group?

facebook.com/groups/DCFWMembers.

You will also find the latest WI news on the County

Facebook page, facebook.com/DCFWI/

You can follow us on Twitter @DurhamCountyWI.

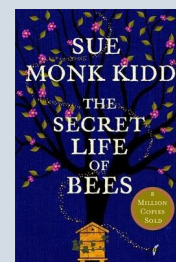


Our Good Read continues our bee theme - The Secret Life of Bees by Sue Monk Kidd

Lily has grown up believing she accidentally killed her mother when she was four years old. Now, at fourteen, she yearns for forgiveness and a mother's love. Living on a peach farm in South Carolina with her harsh and unforgiving father, she has only one friend, Rosaleen, a black servant.

When racial tension explodes one summer afternoon, and Rosaleen is arrested and beaten, Lily chooses to flee with her. Fugitives from justice, the pair follow a trail left by the woman who died ten years before. Finding sanctuary in the home of three beekeeping sisters, Lily starts a journey as much about her understanding of the world as about the mystery surrounding her mother.

This is a wonderful book, by turns sad, full of incident, emotional and heart-breaking, yet full of hope and love. It's a book that will stay with you for a long time.



There are lots of ways to get in touch with WI House:

BY PHONE: 01388-819100 (please note opening hours are restricted and you may need to leave a message).

BY EMAIL: General enquiries and Membership Support (WI Advisers): durhamwi@btconnect.com
Media Team: durhamwimediateam@btconnect.com
IFE Coordinator (Independent Financial Examiners): durhamwiife@btconnect.com

BY POST: WI House, Barnfield Road, Spennymoor, DL16 6EB

IN PERSON: By appointment only please, for dropping off and collecting bookwork and other items.



QUIZ answers: 1 b) 5 2 d) 2 3 a) about 25,000 4 a) about a twelfth of a teaspoon 5 c) mushroom 6 a) Possibly 3 - 4 years