



President: **Rose Marginson**



Dear Club Members,  
Spring has arrived!

To borrow the sentiments of President Cam of our friendship link, S I Wichita, you can watch television to get all the grim details of the world, but here, in your Newsletter, we will celebrate all of the positive things that we, as Soroptimists, are achieving.

Thanks for all of your contributions, especially rising to the challenge of **'2020 The Best Bits'**!

**Sue Underwood**

### President's Message – President Rose Marginson

We started the year in yet another lockdown but with hope now as the vaccinations are rolled out. Many of our members have already received their first dose which is great news. Our meetings have continued on zoom with an excellent presentation on programme action by Barbara at the January meeting. As a result two new groups have been formed to look at how we move forward with our projects.

At the February meeting our speaker was Samantha Fisher from Trafford Domestic Abuse Service. They provide a great service to the women and children affected by domestic abuse in the Trafford area.

We welcomed Val to our meeting who is transferring to us from S.I. Garforth Elmet .

So far a good start to the year and hopefully a better one for everybody.

**President Rose**



### & President Rose starts us off with her Best Bits of 2020.....



**January** - At the beginning of the year we were very lucky to travel to visit a friend in Melbourne. It had been my dream for a long time since Kym had moved there in 1985 . She had visited us many times over the years with her husband and children but this was our first time staying with her. It was a great start to the year.

**March** - Lockdown initially felt like a holiday, no rushing different places and thankfully we had two months of great weather. I started to learn Spanish in April and I'm very pleased I've continued it daily since , even if it's only a quick five minute lesson a day.

**May** - It felt tough . I was really missing seeing the family then lovely news our daughter-in- law was expecting our first grandchild .

**June** - Lockdown eased hurrah! I had longer, lighter hair with plenty of grey. The grey went but I liked the longer hair. It wouldn't have happened without lockdown.

The year progressed and on the 29th of November our lovely granddaughter Emilia Rae was born.

I can't say I found last year easy like everyone but I count myself very lucky.

**President Rose**

.....& More of Your 'Best Bits of 2020'

### 'Lockdown Positives'!

Clean air and birdsong .....



....Meeting my neighbours (some for the first time) and my truck driver husband being appreciated rather than demonised 😊

**Barbara Blaber**

### 2020....the good bits...

Set up a WhatsApp group for our street, over half the households have joined.

I've started knitting for the first time in 15 years and I am doing pilates on zoom 5 times a week... I've never been so strong and flexible!

**Soo Rose Cook**

### Lockdown in Yorkshire....

While walking more locally in 2020 from my home near Pontefract I became more aware of the farming year. The fields were ploughed, the muck was spread (watch out!), furrows were dug, potatoes planted, grown and harvested. All accompanied by larks singing and occasionally hares boxing. Chatting with people met out walking promoted a feeling of togetherness.

**Val Jenkins**

### Sharing and Caring.....

"One of my most cherished moments during COVID times was when I opened our garden to people who live in flats or bedsits and there they enjoyed meeting their loved ones, sitting and talking in the garden and playing with children. I saw happiness on their faces and although I did need to be thanked I felt their thanks came from their heart and this mutuality of sharing and caring was a precious experience. This could only go on whilst we're allowed to meet in gardens but if such opportunity returns, I will be opening the garden again. Such little offering and yet so powerfully appreciated and enjoyed."

**Malgorzata Kmita**



..... Zooming around the world





### Some Positives in Difficult Times

We have all faced almost a year of extremely difficult times. Concern for ourselves and loved ones, fear of the dreaded virus, loneliness, boredom, insomnia due to worry, and concern of the financial implications now and to future generations.

However there have been some positives which we will always remember...the kindness of friends and neighbours and the warmth of rebuilding a sense of a true neighbourhood have cheered us. I personally will always remember how on V E day the entire road in which we live enjoyed such a wonderful celebration.

The weather in lockdown 1 was so fantastic and I remember saying on numerous occasions, thank goodness we are going through this in Summer with the sun and light nights, little did we know that we would be once again in one of the coldest winters on record with long dreary dark nights be plunged into lockdown 2.

Spending Spring and Summer in England is a first in a long time for me as for the last 14 years since my retirement I have spent my time in my Greek other home. To have the opportunity to enjoy bluebells and wild garlic instead of jasmine, bougainvillea and oregano made a great novelty and I really enjoyed a one off appreciation of my own English garden.

I have for many years attempted unsuccessfully to grow-out the layers in my hair always becoming impatient and asking my hairdresser to resort to her scissors, I had no choice in lockdown and I am learning to cope with a different hairdo, yet another positive outcome. With the fantastic implementation of the vaccination programme we can at long last be optimistic there is light on the horizon and we have been so grateful to observe the true British spirit of the army of volunteers who have contributed to the amazing rollout programme.

We have learnt that we have so much to be thankful for and I have even learnt how invaluable a communication tool Zoom is.

**Rosemary Steven**

### .....Even Good News in Education

My positive experience from lockdown was the opportunity to help home school my granddaughter - she passed the 11 plus!

**Patricia Usher**

&

My highlight of 2020 was my daughter getting perfectly acceptable A level results and then getting excellent A level results a few days later.

**Elaine Loader**

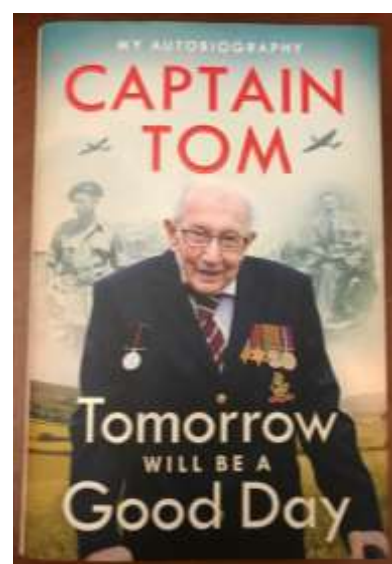
### New Experiences & Opportunities .....

It's been my pleasure to have time to be a Trustee and to Volunteer for Act4Africa....

I've enjoyed exploring & embracing Zoom....

.....& seeing as the only work on the horizon was in Myanmar, I guess I am now officially retired!

**Sue Underwood**





Hello, I'm Carina! I joined S I Manchester a few months ago, and already seem to find myself chairing our PLANET group.

Until late 2019, I was a solicitor working mainly for law firms in the City in London. I moved to Urmston three and a half years ago, and it was the best move I ever made. I'm particularly enjoying the access to Urmston and Stretford meadows, and walking along the Mersey with my Labrador, Olive. I have also changed career and am now taking a number of courses to train to be an executive coach, a counsellor, and psychotherapist.

I am a keen forager and have run some online foraging workshops during lockdown. If there is interest, we can look into running some for S I Manchester branch. In March, I will be supplementing my salads with chickweed (*Stellaria media*), dandelion leaves (*Taraxacum officinale*), bitter hairy cress (*Cardamine hirsuta*) and cleavers (*Galium aparine*). I will also be making nettles crisps with young green shoots (*Urtica dioica*), and cheesy wild garlic scones (*Allium ursinum*) - recipes below. There seems to be an abundance of oyster mushrooms this year, which makes for very tasty (and cheap) risottos.

I try to do my best to live life in a mindful and sustainable way. I'm very keen to hear other people's eco-tips and this is something the PLANET group is looking into - how we share our collective knowledge to make small but lasting changes in our lives with a sustainable impact. Foraging is one way of reducing your carbon footprint and connecting with the natural world around us, although – health warning – you do need to know what you are picking!



**Nettle crisps:** wash and dry young green shoots (top 5 – 10cm of the plant), put in bowl with a glug of olive oil or similar and seasoning of your choice (e.g. salt and pepper, smoked paprika etc). Mix well. Transfer to a baking tray and bake at 160C for 15 mins until crisps but watch they don't burn.

### Cheesy wild garlic scones

500g self-raising flour  
4 tsp baking powder  
1/4 tsp salt  
200g butter or margarine  
250g grated cheese (mature cheddar works well)  
200 ml milk  
2 large handfuls wild garlic leaves washed thoroughly and roughly chopped

- Heat the oven to 220C.
- Mix together the flour and salt. Rub in the butter/margarine.
- Stir in the cheese and chopped garlic. Combine with the milk to form a soft dough.
- Turn out onto a floured work surface and knead very lightly. Roll out to a about 2cm thick.
- I use a 5cm cutter to stamp out rounds and place on the baking sheet (lightly greased).
- Brush the tops of the scones with a little milk.
- Bake for 12-15 minutes until well risen and golden. Cool on a wire rack



I am looking forward to meeting you – hopefully in person in the not-too-distant-future!

**Carina Badger**

## SIMple Green Tips

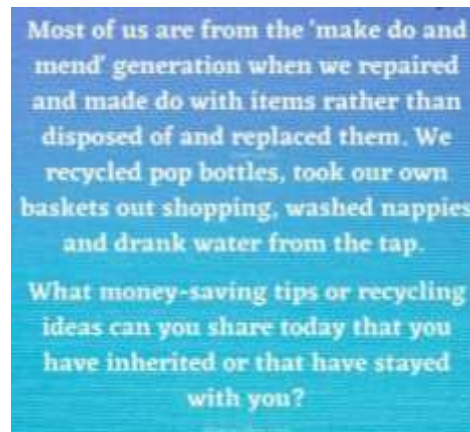
Carina suggested a 'Green Tips' corner for our Newsletter (*....though I have to admit to the 'SIMple'! Sue*) So, from the PLANET group and beyond....

The ongoing fight against single-use plastic has come under threat during the pandemic. There is much we can do to stay safe but avoid plastic items that are only used once - more info here: <https://www.telegraph.co.uk/environment/2021/03/22/hygiene-fears-override-concerns-planet-single-use-plastic-waste/>

SIGBI St Albans member, Linda Shall, a trainer for the Carbon Literacy Project, gave a talk recently on "How can Women lead on Reducing Carbon Footprints?" Carina attended & will be reporting back.

[Sow The City](#) are running free weekly online workshops on a range of topics from bee keeping, maintaining fruit trees, setting up community planting initiatives and everything you need to know if you have been tempted to get some chickens! More information [here](#).

The Science Museums (including our own in Manchester) are hosting a [series of talks](#) on Climate Change. Free, but donations welcomed.



Ever wanted to know what actually happens at a recycling centre? You can do a virtual tour on 14 April 2021 – more details [here](#).



See <https://sigbi.org/manchester/files/2020/07/Newsletter-Winter-2019.pdf> for **Soo Rose Cook's** article on practising 'Reduce, Reuse and Recycle'

*"Here are the changes I have made over recent years, it really does all have an impact on how much non-recyclable material goes in my bin each week – every little helps!"*

Do you have clever ideas of what to do with yoghurt pots that can't be recycled?

Do you have a tip on reducing waste or our carbon footprint?

We talked in the PLANET group about how we can share our collective wisdom!

Please do get in touch with me [badgercarina@gmail.com](mailto:badgercarina@gmail.com) and we will look at how we collate and communicate this!

**Carina Badger**

## A Birthday Message from New Hope to Kathleen

On the 14<sup>th</sup> February two of our long-standing and well-loved members, Kathleen and Stella, celebrated very important birthdays! Of course, in my isolation, I certainly had to raise a glass (or two) to both of them!

The following is a birthday e-mail which Kathleen has received from Ruth and Eliazar at New Hope, Orissa. (As a reminder of the history of the windmill Eliazar refers to, you may wish to check back to the Newsletter for Spring 2020.) <https://sigbi.org/manchester/files/2020/07/Newsletter-Spring-2020-Minimum.pdf>

"Dear Kathleen

We are trying to put 2020 behind us but it stays here and we are still not out of trouble. Ruth and I are sad to read the present situation in England. But we have faith and are careful with our children, of course.

The children and young people at Namaste House, Muniguda, understood that there was a 'thing' that made them 'feel bad' and were very understanding about wearing masks. Our Downs Syndrome, Minnu, was like a leader in keeping them all together and not wandering into areas where outside trades people might be. Our whole Tribal Community simply didn't come into town! They only came to the P2 Tribal Clinic up at the hill junction. We now have the Eye Clinic open for them only and it is very busy with people coming from 55 villages for checkups.







The windmill had a 'disaster! One of those 'things in life'. In reality, there was a faulty piece in the blade centre and it cracked and the whole windmill head fell to the ground - not in a storm or anything. There was at least one small smile in it though. One of the senior girls - and they all went to see what had happened of course - said "At least aunty wasn't hurt" - I didn't get what they were all talking about at first but they were referring to the stone plaque of course!!!!.

The senior girls did very well during the Covid problem, as we had no cook coming in. The boys did Sunday cooking, starting at 5am, to produce flat bread chapatti - with sugar! They have all gardened to the point of being 75% self sufficient in the last six months.

It's your birthday, Kathleen! Ruth did not need reminding so they set to making a birthday cake. It's been the 'subject of cashew nuts' They are determined that the millet cake will have 'brown sugar' (Jaggery) and cashews - enough so that in every slice there will not be less than four cashews!!!. Ruth just lets them go. They tease me because I can't eat any of their 'sweets'. (*Eliazar is diabetic M.*) I know, Kathleen, that you are a senior, senior citizen - but I am 61 this month and ohhhh! sitting Indian style on the floor is a bit creaky! Yes you can smile.



One of the girls that Soroptimist supported has finished her study with practicals to be an Ophthalmic Technician. She is the daughter of a very disabled leprosy patient. She grew up with the children at Namaste House and then came to Kothavalasa. I must ask Maureen the name of the Soroptimist Ophthalmologist doctor (*he is referring to Fiona, of course M.*) who supported the eye work and tell her about it because it's an incredible achievement. The support of the different Soroptimists for young women's further education is really beyond simple explanation.

I have not been very good at keeping up letters with you, Kathleen. The work load and travelling up and down between Kothavalasa and Muniguda and the Covid awareness protective clothing and everything else in the last year has eaten up my time.

Facebook is Facebook and it supports New Hope in many ways so I see interesting posts by Hilary (*Kathleen's daughter M.*) - while sitting at the Railway stations waiting for late trains. All stations have Wi-Fi and train tickets are online. What a different world in the last two decades.

Ruth and I pray for you and that is not just a line. We keep in mind all those who are our friends.  
Sincerely Eliazar and Ruth"

**Maureen Heywood**

(*"Kathleen Beavis – Honorary Member – My Journey to Manchester"* is available at <https://sigbi.org/manchester/files/2020/08/Newsletter-Summer-2020.pdf> )

## Reaching out to Friends with Facebook

My relationship with modern technology can be characterised as being rather ambivalent. However, like many others, to avoid being left behind and becoming digitally illiterate, I have tried to develop as positive an attitude as possible towards this ever-changing, fast-moving, technological time in which we live. Indeed, I recognise and appreciate that it is this very technology which has been of significant help, for example, as a tool for researching and writing documents, preparing lectures and workshop presentations, and enabling me to keep in contact with my dispersed family and friends, particularly during these current COVID times. Modern technology allows me to share news and views and to bring photographs and artworks to a wider audience.

Since the beginning of the COVID pandemic, I have wanted to reach out to people; to be in supportive and encouraging contact with many friends scattered throughout the world who I have no longer been able to meet in person at conferences, during family visits or holiday travels.

I have wanted to reach out with something that provides some form of connection with beauty, which provides emotional sustenance, and which recognises and affirms that there are different ways of seeing things, different perspectives, which encourage discussion and debate. I feel that one way of opening a space for conversation and encouragement is by sharing a range of examples of art from around the world together with words of wisdom from the artists and presenting something of the artists' biographies and ways of seeing the world which can perhaps have something to say to our contemporary contexts and on a range of social issues. I decided, therefore, to revisit the possibilities of using Facebook as a positive channel of communication.

I have researched a range of artists, subjects, and different forms of creative expression throughout history and from around the world. What has emerged is a rich, fruitful, and multi-faceted experience of connecting with people by sharing caringly and relationally these images on Facebook and the development of a process of giving and receiving feedback, on different forms of art, images, and words of which the main themes and ideas have been beauty, nature, the empowerment of women and the diverse expressions of human wisdom. I occasionally also share a piece of music or a song.



Each day I try to send out between four to six images to my Facebook friends who appreciate connecting with beauty, being challenged, and inspired, and their imagination being encouraged to blossom. Some of the art I share is abstract, even surreal, or mystical, and other images depict the beauty of nature, trees, flowers, and animals. I also share pictures connected with the seasons, hills and seas, the sky, the moon or the sun or pictures of people in different situations and periods of history. Some of the art is well known, for example paintings of Matisse, Nolde, Van Gogh or Magritte, but more frequently I discover paintings or other forms of creative expression from artists who have previously been unknown to me, many of which are deeply beautiful, imaginative, and inspiring. This sharing, I feel connects with people's hopes wishes and dreams, with their imagination and life experiences. For many who view these works, art does not necessarily have to be explicitly beautiful to bring joy; for some it is the beauty and harmony which speaks to them.

For me art does not have to be necessarily about beauty but about an honest perception of reality, so I find meaning and sustenance from, for example, war artists or from women expressing their struggle for equality and from people experiencing homelessness and poverty. Art speaks to me at every level of my aesthetic, spiritual and creative self. The emotions that art can reach in all of us can help us explore and express the range of human emotions which address sadness, injustice, anger, as well and joy and celebration.

Some art can help us express love or desperation. Some art can stimulate us to find hope and a belief in the potential for a better world. Art can also help us to explore, and connect with, the spiritual dimension of life. This multidimensional and interdisciplinary approach to art can help us relate and connect on many levels.

In the process of sharing art on Facebook I receive feedback from many friends across the world. People share what different images mean to them; some bring joy or tears; some amplify feelings of indignation or loss. Sometimes people get intrigued by a certain stance, perspective, or point of view of an artist or they enquire why I have selected

a particular image. They rejoice at the discovery of unknown artists and the themes presented and explored. We enter a dialogue and a conversation on Facebook develops.



*"Everyone you meet is fighting a battle  
you know nothing about.  
Be kind. Always."*

—  
ROBIN WILLIAMS

If you ask me to summarise what it is all about, I say it is about encouraging and creating authentic connection which can revive, nourish, and nurture our spirits. In these COVID times, this is invaluable to me and to many of us and I thank you for your invaluable feedback, your appreciation, and your generosity.

You may know that during my working life, I travelled throughout Europe and beyond and it is such a pleasure to know that, through continuing to share art, I have reconnected with friends from many years ago and we continue to share so much in common. We can even make connections between, for example, our former activities in Mental Health and in the International Janusz Korczak Association and the arts and themes that I share every day on Facebook. They say in my native Poland that you never lose friends; they will always be found in the right context and time. What is more you have helped me make connections which form a constellation of the

different stages of my life. This is a profoundly powerful and awe-inspiring experience.

As you can see, there are, indeed, benefits and lessons to be learned in this digital era of technological creativity and encounter. If we care, share, and connect with these creative aspects in our lives, we continue to thrive and enjoy the beauty of the world and human creativity continues to triumph.

I wish you all well and I look forward to hearing from you all, and continuing to develop many rich exchanges of views, many 'Liking', 'Loving' and 'Caring' Facebook feedback which helps us forge deeper connections that continue to enrich all our lives. Thank you all.

**Malgorzata Kmita**

[Extracts from two of our Friendship Links.....selected and translated by Malgorzata](#)

### **S I Grosse Pointe**

Our February "100" Activity: **Random Acts of Kindness**

In February, Co-Presidents Ellen Chapin and Marya Rosenthal asked our membership to perform 100 random acts of kindness. Soroptimists responded in many ways: shovelling a neighbor's driveway after the storm we had earlier in the month, remembering older friends and neighbors with cards and phone calls, running an errand for a friend, picking up groceries for someone who isn't comfortable at the store, letting a stranger go ahead in the line, giving treats to the UPS driver and more. Ellen and Marya participated with bags of treats and a thank you note to each board member and committee chair for their efforts on behalf of the Club.

Obviously SIGP surpassed its goal of donating more than 100 food items!

We can't see the smile that comes from doing a small favor for another person, but we can feel the good-will created by reaching out to others. Thanks to all

### **Our Ghana Girls**

As of a few weeks ago there are no cases of COVID 19 in St. Anne where our girls are studying, nor are there any cases in Damongo, where the school resides. Alleluia! This is remarkable because other parts of the country have been hit, especially the larger cities. However, as of December 29, 2020, there are some remarkable statistics for COVID-19 in Ghana compared to the situation in Michigan. Ghana, which is a bit smaller than Michigan, hosts a population three times that of our state, around thirty-one million people compared to Michigan's population of around ten million people. But Ghana has "only" suffered 54,000 cases of the scourge, and 333 deaths. Michigan has suffered 480,000 cases with more than 12,000 deaths. Perhaps the tight communities make a difference. Most people in developing countries do not have cars and do not visit various groups of people from other areas as frequently as do Americans. The vast majority of those in Damongo travel daily only as far as they can walk. We, in this country, tend to move around to many different places on a frequent basis and are in contact with many other people who are in contact with many others. Thus, the virus spreads. HURRY, VACCINES! On a happy note, our club's first instalment of donations for tuition and fees for the girls arrived safely. The girls are on their Christmas break right now, which lasts over a month, giving time for students to return home to various parts of the country for their



home visits before the next term begins. Several boxes of donated books were sent late last summer to St. Anne, but they are still in route. Hope the books arrive soon! Stay tuned. – Carol Hofer

### SI Gdansk, Poland

Maria Banaszak, SI Gdansk President wrote to SI Manchester in March 2021 and informed us that their Club raised over £5,000.00 to fund a project **“Cooling Caps for the Breast Cancer Centre”**. This important fund raising ended up in a ceremony on the International Women’s Day in Gdansk when SI Gdansk Club member handed in the funds for the purchase of cooling caps to the Breast Cancer Centre. Ksenia Bagniewska, a member of SI Gdansk and who herself went through the process of diagnosis and treatment said that this will help women from losing hair, aid their recovery and boost their confidence.....Well done SI Gdansk and we wish you all the best for the future.



*The solemn cutting of the pink ribbon took place on Women's Day  
.....Beautiful gift for Women's Day! ❤️*

**Malgorzata Kmita – Friendship Link Coordinator**

### Vaccination Centre Volunteer



I'm so proud of my company and my colleagues.

I work for Salford Community Leisure and we run leisure centres, football pitches, museums, libraries, community centres, music and sports development teams across the city.

We're pretty much shut at the moment and most of us furloughed, but when the vaccination programme started, we rose to the challenge. We've got Clarendon, Eccles and Irlam & Cadishead Leisure Centres open as vaccination centres. We provide the staff for marshalling, cleaning and some of the admin support. The NHS provide the vaccinators and the all important, precious vaccine.

We've also got three other centres being used as testing centres and we're providing staff to help employers set up their work-place testing schemes.

When we entered the third lock-down, I asked if I could help at Clarendon Vaccination Centre. I wanted to help, but also I knew that by volunteering, it would help me get through a lonely winter lock-down.

I usually do two shifts a week, but I took an extra

shift on my 50th birthday. I had a wonderful day, with a friend surprising me with an amazing cake and at the end of the shift everyone working sang happy birthday.

Some of the patients have barely left the house for months. Some people are anxious about being around people, some are happy to have a day out. But they are so happy and relieved to get the jab, and it's lovely to be a part of that.

As well, as marshalling and admin support, I'm currently helping the local NHS digital team improve part of their system to save time and improve accuracy. Excel spreadsheets are my passion (yes, I know I'm geek!) and I'm absolutely delighted to be able to help the NHS in this way too.

**Elaine Loader**





Led by Helen Pankhurst, GM4Women2028 is a coalition of change-makers committed to seeing a better future for the women of Manchester.

As a region that has always led the way and flown the flag for women's rights, the group's first initiative, the Pankhurst-Fawcett Scorecard once again sees Greater Manchester leading the charge to bring progress and accountability for women's rights.

The scorecard is named after Emmeline Pankhurst and Millicent Fawcett, two iconic figures who as we know were among the first leaders of the campaign for women's suffrage, and it will be used to conduct annual reviews of gender equality data with the goal of achieving equality across all areas by 2028 - the centenary of equal franchise. There are 5 areas of focus: EDUCATION, SAFETY, CULTURE & ACTIVE LIVES, PARTICIPATION, EMPLOYMENT

The third Annual Data Reveal took place on Saturday February 6<sup>th</sup> and I was delighted to attend – virtually of course – along with several other club members, and an impressive range of speakers, some of whom I hope we will be able to invite to a future Club or Region meeting. The event was introduced by Helen Pankhurst and we also heard from political figures from around Greater Manchester including, of course, Andy Burnham, and GM Deputy Mayor Baroness Beverley Hughes.

We were provided with an overview of the Scorecard and brief summaries of the results in each focus area. Each focus area was then explored further in breakout groups. The headline is that there has been little or no progress in the focus areas and that in some, the situation has worsened due to Covid 19.

*A copy of the scorecard is included with this article but if anyone would like to see the more detailed briefings on any or all of the focus areas, please contact me.*

I took part in the Employment group, led by Professor Jill Rubery, Director of the Work and Equalities Institute at Alliance Manchester Business School. The COVID pandemic has created major problems for women's employment; they have been at the forefront of supporting people in their roles as health and social care workers; they have taken on the major burden of home schooling; and they are facing uncertain employment futures due to the COVID impact on key sectors for women's employment such as hospitality and retail. The Gender Pay Gap in Greater Manchester is well below that for GB as a whole, but it is not all good news as further investigation reveals that this is more due to men's low earnings in region, compared with national rates. We also heard from Louise Heywood who gave a heart-breaking account of the challenges of being a social care worker during COVID 19.

In the second half of the event, we heard from Laura Edwards, originally the youngest councillor in Manchester, giving a young person's perspective of gender equality and from a range of speakers talking about Deeds and Determination in Action. The most memorable of these were: Jodi Brearley from **Pregnant Then Screwed**, a charity dedicated to tackling the discrimination faced by pregnant women; Sally Penni, a practising barrister and

### **Data, deeds, determination..**

**Data, deeds and determination**

**We move together like a murmur**

**Look out for the flock**

**And the boats we rock**

**As we gather and group**

**Soar and swoop**

**For women and girls**

**Bomber jacket, boots or twin set and pearls**

**Hair long and straight or short tight curls**

**Women of every age**

**Let's shine a light on their stage**

**Regardless of race, accent or disability**

**We all have the right to equal care and stability**

**For parity and respect, in every aspect of our lives**

**As friends, colleagues, neighbours, leaders**

**Lovers, partners, sisters, mothers, daughters and wives**

**To be safe, to be heard**

**Yes. Each. And. Every. Word.**

**To participate and represent**

**By more than 34.4%**

**For 103 years and counting**

**Some women have been voting**

**Yet the scores on the doors**

**Leave our ancestors doubting**

**That we will ever achieve**

**True parity between Adam and Eve**

**But we must, and we can**

**Be treated equal to The Man**

**So join us and help us count**

**Help us organise and hold to account**

**To make GM a great place**

**To be a girl, woman and Nan**

**We are GM**

**We are #GM4Women**

**And 2028 will mark the end of our beginning**

**With Data Deeds and Determination**

**We grow and move together like a murmur**

**by Eve Holt, Feb 2021**



founder of **Women in the Law UK**; and Val Aherne, co-founder of **Queen Bee Coaching**, a service provided by the Pankhurst Centre.

The event concluded with a celebration, including music, a poetry competition (the winning entry '**Data, Deeds, Determination...**' is reproduced here) and a word from Hazel Reeves, the sculptor of Our Emmeline.

*Barbara Blaber, Programme Action Officer*

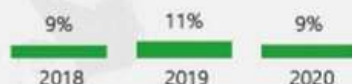
## GREAT MANCHESTER FOR WOMEN PANKHURST-FAWCETT SCORECARD

GM4WOMEN  
2028

### EMPLOYMENT



#1. Employment Rate Gap<sup>1</sup>



#2. Gender Pay Gap<sup>2</sup>



### SAFETY



#3. Support for Sexual Violence Survivors<sup>3</sup>



#4. Denied Support Due to Immig. Status<sup>4</sup>



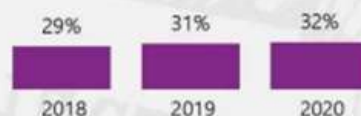
### PARTICIPATION



#5. Voting women in the GMCA<sup>5</sup>



#6. Judicial appointment<sup>6</sup>



### EDUCATION



#7. Women in STEM undergrad.<sup>7</sup>



#8. Construction apprentices<sup>8</sup>



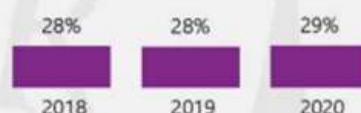
### CULTURE



#9. Senior Position in Nat. Arts Council<sup>9</sup>



#10. Inactive Exercising < 30min a week<sup>10</sup>



1. Source: Annual Population Survey

2. Source: Annual Survey of Hours and Earnings

3. Source: Voices of Survivors Greater Manchester, 2018. No new data

4. Source: Percentage of women referred who had no recourse to public funds because of their immigration status and were not given access to refuge space in the first instance. Safety4Sisters, Migrant Women's Right to Safety Pilot Project report, 2016. <https://www.southallblack Sisters.org.uk/wp-content/uploads/2016/11/Safety4Sisters-North-West-Report.pdf>.

5. Source: Data compiled by reference to the websites of the councils. In 2020 COVID led to postponed Mayoral and local council elections

6. Source: Judicial diversity statistics Ministry of Justice

7. Source: Higher Education Statistics Authority returns

8. Source: Department of Education, Apprenticeships and Traineeships Data

9. Source: Arts Council Annual Survey

10. Source: Sports England Adult Active Lives

### Kate Fussell – A Lady of Many Parts

Kate, who died recently, was a skilled surgeon by profession and a Soroptimist par excellence. She was a member of the Wigan Club (a daughter of Southport Club). Having been Club President she gave service to the Divisional Union (Region) as Treasurer and was D.U. President from 1979 to 80. She became Vice-President of the Federation and was Federation President 1986-87. This was the year of the International Convention in Melbourne at which Kate led the SIGBI delegation. Many South Lancashire Soroptimists supported her with their presence in Australia.

Throughout her life Kate was an inveterate traveller and was proud to have visited the majority of member countries of the Federation. Long before the days when the International Federation started to support the education of young people in need, Kate 'adopted' a young boy in the Third World and paid for his care and education from childhood through university. During her Federation presidency, Programme Action was coming into its own and Kate acted as advisor for the Health programme. She worked locally with the Wigan Club to help the town organise its appeal for a mammography unit, which raised £100,000.

Kate was a very talented lady and her skill in sewing up the patients after an operation transferred to superb dress making. This was a time when attendance at Charter dinners required full evening dress and Kate had a large selection of exquisitely homemade gowns that would have cost a fortune purchased from any couturier.

A modest person who acknowledged the respect due to a position of authority, Kate was essentially a team player who was happy to walk from the Chair and roll up her sleeves to wash up in the kitchen.

Above all, Kate was caring and people mattered.

**Kathleen Beavis**

### Kate Fussell's Star for 'Believe Square', Wigan

Soroptimists from across the South Lancashire Region attended when Wigan Council honoured Kate last March (12<sup>th</sup>!) with a 'Star' in 'Believe Square'. The unveiling of the star came 20 years after receiving the 'Freedom of the Borough' in recognition of her making history as Wigan's first female surgeon – "an inspirational person who has shown great dedication to helping the people of Wigan"





*To set the scene.... I had met Kate many times as a Soroptimist, at Charter Dinners, Regional and Federation events, even on the steps of the Governor's Residence in Barbados (another story!).....but, when back in 2015 I settled down to read my recently delivered copy of The Lady, there she was, smiling out from a two page spread! Of course Kate mentioned Soroptimist International – the only time from The Lady's excellent archive facility!*

**Sue Underwood**

### Meet Our 'Lady Of Substance' – courtesy of 'The Lady' Archives (April 2015)

To mark our 130th birthday, *The Lady* and bestselling author Barbara Taylor Bradford sought to celebrate one truly remarkable reader. It's time to announce the winner, says Matt Warren

"It is a momentous year for *The Lady*. In February, we celebrated our 130th birthday, a remarkable achievement for a magazine that has been published weekly, without fail, through financial booms and busts, political earthquakes, two world wars – and the break-up of The Beatles.

But *The Lady's* longevity ultimately comes down to you, our readers. Without you, the magazine, like bread and dripping, the television test card or the one-pound note, would have given up the ghost long ago. Your enthusiasm, your loyalty, your support keeps *The Lady* thriving. Which is why we wanted to mark this anniversary year by giving something back – and recognising one truly exceptional reader in a very special way"

The **Lady of Substance award** was, in part, the brainchild of one of the world's most successful authors, Barbara Taylor Bradford, who made her name with the 1979 bestseller 'A Woman Of Substance' and has just published her 30th novel, 'The Cavendon Women'. She suggested that it celebrate an 'ordinary' heroine, a lady who has gone beyond the call of duty to make a genuine contribution in her career, to her country and to her community. Celebrating our new **Lady of Substance** at the Caledonian Club

"Of course, these 'ordinary' women aren't really ordinary at all," Barbara wrote when announcing the award earlier this year. "They are women who stand up to be counted. They are the ladies who go out there and correct an injustice, or help raise money for charity. They help look after relatives or vulnerable members of their community. They are lollipop ladies and teachers, nurses and carers. Often they are just good friends"

Many inspiring women were nominated for the award by friends, family and members of their community, but one lady ultimately stood out for us. **Kate Fussell** was born in Bristol in 1929 and moved to London a few years later. When the war began, she was 10. At the time, she was visiting her aunt in Somerset, but returned to London 'just in time for the bombing'.

'It was uncomfortable, mainly,' she told me with typical understatement. 'We had a shelter in the garden that was five feet in diameter. It was circular, so no one could lie down comfortably. My parents sat in deckchairs and I used to lie on the floor, curled around the wall. The lesson I learnt was not to be scared.'

Clearly it was a valuable lesson. In her teens, Kate didn't think much of her physics and chemistry education, so she boldly persuaded her father to get her into an all-boys school: 'where the science teaching was better'.

The move paid off and she won a place to study medicine at the University of Birmingham, graduating in 1951. Quickly she became one of only a handful of female Fellows of the Royal College of Surgeons and was appointed Consultant Surgeon at Wigan Royal Infirmary. She has pioneered research into breast cancer and reconstructive surgery after mastectomy, campaigned tirelessly to raise funds for a local mammography unit and helped establish a health centre in Africa. For her, 'the patient always comes first'.

### Champion and Mentor

Kate retired in 1990, but the work continued. She became a non-executive director of the local primary care trust and then a governor of Wroughtington, Wigan and Leigh Foundation Hospital Trust.

She is also a member of **Soroptimist International** – a global volunteer movement working together to transform the lives of women and girls – and became president of the Federation of Great Britain and Ireland, which at the time covered 17 countries, 14 of which she visited during her presidential year.

Kate has led a campaign to develop a service for people with osteoporosis, has been a founder and trustee of a community centre in Wigan, is a local champion of older people and still volunteers one day a week to help preserve and transcribe the local borough archives. Her efforts have been recognised by her community, and in 2000 she was made an Honorary Freeman of Wigan Metropolitan Borough. At 86, she is also a mentor to A-level students who have chosen medicine for their career, bridging the generation divide and sharing her invaluable experience. In short, she really is a **Lady of Substance**.

Kate was presented with her award and a beautiful bouquet of flowers by Barbara Taylor Bradford – who earlier had been interviewed on stage by author and presenter Annabel Giles – at a very special literary afternoon tea and champagne reception. The beautiful room at London’s historic Caledonian Club was filled with readers of *The Lady*, and the sound of laughter and merry conversation.

‘It was a lovely day and I was very surprised to win,’ Kate modestly told me after being named our **2015 Lady of Substance**. ‘Cynthia Horrocks, the friend who nominated me, writes books, and so I think she just put me forward because she wanted to meet Barbara Taylor Bradford.



‘For me, a **Lady of Substance** is somebody who has done more than just grow up and get married,’ she added. ‘I’m not saying you shouldn’t have a family – I couldn’t stick to a boyfriend, because I never had time for them. No offence, because you are a man, but on the whole, boyfriends like to come first, and they didn’t as far as I was concerned. There were a couple I thought at the time I might marry, but I’m glad I didn’t.’ Sorry, chaps!

And in her ninth decade, Kate still has an awful lot to give. As Louise Tipping, the principal of Winstanley College, where Kate helps mentor students, said, ‘Kate is certainly inspirational... She is helping us to inspire women doctors of the future.’

Hear, hear. *The Lady* seconds that.

(The Lady April 10<sup>th</sup> 2015 Edition)

**Kate Fussell (April 1929 – November 2020)**

‘A truly inspirational woman’ – ‘A life so well lived’ – ‘A true Soroptimist’ – ‘Her enthusiasm never dimmed’

### Remember Flossie the Goat.....?

Back in 2017, as part of the Club’s support for Act4Africa, SI Manchester adopted a goat on the model farm at Kathy’s Centre in Mayuge, Uganda. Kathy’s Centre sits at the heart of Act4Africa and its work and was created in memory of one of the founders, Kathy Smedley. The Centre also includes a kindergarten (Kathy was an early years teacher) and a community space where the charity carries out its health and empowerment activities.

The COVID 19 restrictions imposed by the Ugandan government have been extremely strict which has made it difficult to provide the goats with the care and attention they need, so in December the difficult decision was taken to wind down the model farm for the time being.

But what to do with Flossie and her friends?

Well, you will be pleased to hear that all the goats have gone to new homes in the community. They were given to women who had previously taken part in Act4Africa’s

HEAL\* projects, to provide them with a means for generating income for their families. I can’t think of a better solution 😊

**Barbara Blaber**



\*HEAL stands for ‘Health, Education, Agriculture, Livelihoods’

*As reported at the time....*

**GOATS FOR AFRICA** The club gave a donation to Act4Africa which enabled the charity to buy a goat – named **Flossie** – for their growing herd at Kathy’s Centre in Mayuge, Eastern Uganda. Goats form a vital part of their Health, Empowerment and Livelihoods (HEAL) programme which equips young women with the skills and training they need to become independent.

Why **Flossie**? Well that was after our nickname for the Soroptimist emblem that used to be on our badge

**Sue Underwood**







When the much-loved broadcaster Dianne Oxberry died suddenly from ovarian cancer in January 2019, people from across the North West showed an incredible outpouring of love and grief.

Overwhelmed by the public response, Dianne's husband Ian decided to join forces with some of her closest friends and harness the amazing positivity that surfaced following her death, to form the Dianne Oxberry Trust – a charity which aims to raise awareness of the signs and symptoms of ovarian cancer with local women.

In order to improve outcomes for women, it's vital that more people – especially those in the most at risk categories – know how to spot the symptoms that could be ovarian cancer, and when to see their doctor. Speed is of the essence, and early diagnosis can lead to a more positive outcome. Taking action quickly really could make a difference, and give families the time together that Dianne and her loved ones simply didn't have.

### **THE SYMPTOMS:**

#### **A quick guide:**

Bloating: do you feel persistently bloated, and the feeling doesn't go away?

Pain: do you have pain in your pelvis or tummy

Appetite: do you feel full more quickly than usual, or have you lost your appetite?

Bladder: do you need to wee more often or more urgently than usual?

If you have an upset tummy, feel really tired, have lost weight, or have bleeding after the menopause, they could also be signs of ovarian cancer. It's important to see your GP as soon as possible, but don't worry – these symptoms can also be related to lots of other conditions.

There's more about the symptoms of ovarian cancer on the Dianne Oxberry Trust website:

[www.dianneoxberrytrust.org](http://www.dianneoxberrytrust.org)

### **THE POWER OF THREE**

Throughout 2021, the Dianne Oxberry Trust is asking people across the north west to help them to raise awareness of the signs and symptoms of ovarian cancer in a very simple way...

Please could you take a moment to follow the Trust on Facebook or Twitter, and ask three friends to do the same? By following and liking and sharing posts, you could help the trust reach the hundreds of thousands of women in the north west that are most at risk of ovarian cancer.

Please make the simple clicks now on social media, and ask three others to do the same.

It's an easy, quick gesture, but the Power of Three really could make a difference and save someone's life.

[www.dianneoxberrytrust.org](http://www.dianneoxberrytrust.org)



## Zoom Bake Along with Ali

The Recipe was distributed.....

### Ali's Bara Brith:

10oz mixed dried fruit

2/3 pints hot strong tea (or half tea, half brandy/whisky)

**\*\*PUT THE DRIED FRUIT IN THE TEA/BRANDY TO SOAK THE NIGHT BEFORE OR MORNING OF THE COOK ALONG\*\***

3oz soft brown sugar (and a little extra to sprinkle on top, optional)

Zest of one lemon

12oz self-raising flour (wholemeal if you like)

1 x teaspoon mixed spice

1 x large egg (or substitute such as an over ripe banana or 2 x teaspoons soaked chia seeds)

**Equipment** you will need: Medium bowl, spoon to mix, tea towel, sieve, 2lb loaf tin & cooling rack



So, the scene was set & the concentration began.....



.....then the Bara Brith were ready for the oven....



Then for 45 minutes the chat turned to 'Welsh speakers'....Welsh Cakes & various recipes....Anglesey....complaints from the bakers about the 'smell driving us mad' & envy from the observers!

Olive asked Val, our new member recently transferred from Yorkshire, for her comments.....Val declared that she had felt very welcome, enjoyed the cooking & the chat and that she was looking forward to seeing all of all of us soon!

For the Newsletter Final Deadline, bakers were asked to send in their comments – several rose to the challenge!



..... the Bakers reveal their Bara Brith!



Thanks to everyone for joining the (very late) St David's day bake along. It was lovely to share my Welsh recipe that I've adapted from my Mam's cook book.

I hope your Bara Brith tastes as good as they looked."

**Ali Hanbury**

Such a fabulous evening.  
Diolch yn fawr iawn Ali!  
These Bara Briths will keep us  
going for a few weeks!  
Blasus!  
**Carina & Sally**



Funny & messy!  
**Cleo & Barbara**



A great fun night!  
Lots of chat and really enjoyed making Bara Brith.  
Thanks Ali for arranging it.  
**President Rose**

My effort! I'll taste it in the  
morning... waited for it to cool before  
cutting! (11:20pm!)  
**Susan Hollick**



Pleased with my first effort!  
Bit moist but I enjoyed licking my fingers, the bowl, the spoon, the  
flour and sugar bags.....I licked the kitchen counter when you  
weren't looking!  
Thanks Ali, this is the first cake that I've made that hasn't ended up  
a large biscuit!  
**Elaine Loader**

**THANKS to Ali from us all!**

## ZOOMING Dates for your Diary

Tuesday 6 <sup>th</sup> April	6.30 for 7pm	Club Meeting
Monday 12 <sup>th</sup> April	6.45 for 7pm	SIM Programme Action - People & Prosperity
Sunday 18 <sup>th</sup> April	To be confirmed	UKPAC Study Day
Tuesday 20 <sup>th</sup> April	6.30 for 7pm	Executive Meeting
Wednesday 21 <sup>st</sup> April	6.45 for 7pm	SIM Programme Action - Planet
Tuesday 4 <sup>th</sup> May	6.30 for 7pm	Club Meeting
Tuesday 18 <sup>th</sup> May	6.30 for 7pm	Executive Meeting
Tuesday 1 <sup>st</sup> June	6.30 for 7pm	Club Meeting
Tuesday 15 <sup>th</sup> June	6.30 for 7pm	Executive Meeting
Saturday 19 <sup>th</sup> June		Region Programme Action & Council Meeting.
.....& every week		
Tuesday morning	11 to 12.30pm	Social Coffee & Chat
Thursday Afternoon	2 to 3.30pm	Social Tea & Chat



**Copy** for the next edition of the Newsletter by **31<sup>st</sup> May**, please.

Personal anecdotes always welcome  
What have you learned about yourself & others?  
Tell us about your 'Journey to Manchester'?  
Newer Members please introduce yourselves!  
Anything else you would like to share?

**Sue Underwood** [sueuhome@sky.com](mailto:sueuhome@sky.com)



Last Words ..... from Women, a Man and a Bear, who could/should have been Soroptimists!

