



Spring
2022
Issue 80



President: **Rose Marginson**

Dear Club Members,
Here at last is the Spring edition of your Newsletter! My reasons for delay are a glorious week in Cornwall (third time lucky, first booked in March 2020 & 2021) and my taking part in Moderna's trial for their updated Booster vaccine (I've either had the 'Spikevax' or the 'SpikevaxPlus') which curtailed my computer work for a while. So both positive I believe!

I hope it's worth waiting for!

Sue Underwood



President's Message – President Rose Marginson



It's hard to believe it's my last message and my 18 months as President ends next week. It has certainly felt eventful with all the issues round COVID, which still continue with some of our members recently affected by the infection. Since Christmas it's been great to attend Leigh and Bolton Charter lunches. We have also had our own Charter Dinner, which was a lovely evening and I was delighted that some of my family and friends could attend. Thank you to Pat and Maureen particularly and the others who helped me arrange it. Those of us who attended the Climate Change conference in Llandudno really enjoyed the speakers, and the feeling of camaraderie amongst all the Soroptimists there.

We had Caitlin from **Stitched Up*** talk to us about taking more care of our clothes, reduce unnecessary purchases and recycle clothes. Thanks to Alison who has

arranged the Sip and Swap event we hope to implement some recycling of clothes, taking note of Caitlin's advice. Of course I cannot ignore the terrible war in Ukraine and those so dreadfully affected by it. We have a friendship link with S.I. Gdańsk and they are doing great work to support some of the refugees. We have already sent some goods to Poland but now plan to send some money to Gdańsk to help their work. Any little thing to help at this very sad time.

I look forward to the AGM and wish Sue well in her coming year as President.

It's been a pleasure being your President.

President Rose

President Rose delivered about 70 Easter Eggs donated by Club Members to Emmeline's Pantry for the children attending the Food Bank



***Stitched Up** . Started in 2011 with the aim of encouraging individuality, pride and sustainability through fashion and style. They support garment workers worldwide in their quest for fair wages, are passionate about recycling, upcycling, re-using clothes and reducing waste. They provide workshops and events to help people to repair and upcycle clothes and other items. She was very inspiring and definitely made us all think about our need for buying more clothes and making the most of those we have.

Reflections from Our First Social Meeting on Zoom with SI Gdansk (23.02.2022)

We are proud to share with you all that we held our first Zoom Meeting with SI Gdansk on Wednesday the 23rd of February 2022. We established our Friendship Link over two years ago but due to circumstances affected by COVID19, our Meeting in 2022 represented a modest celebration of this important link. However, we all feel that it was truly worth the wait.

SI Gdansk was represented by Maria Banaszak, the President of SI Gdansk and three club members, including Monika Bednarska, Joanna Witt and Ela Lichota. Rosemary Steven led the SI Manchester Group, which included: Elaine Loader, Val Jenkins, Sue Harris, Shena Cuttle, Maureen Heywood and Sue Underwood, who kindly took the responsibility for setting up the Zoom link. Malgorzata facilitated the event and reminisced how she left the Tri-city of Gdansk, Sopot and Gdynia in 1973 to arrive and settle in Manchester.

Maria Banaszak, current President of SI Gdansk shared with us the history of over 25 years of the Club's existence, which was initially set up with the help of Norwegian Soroptimists.

SI Gdansk women come from a range of professional backgrounds and their expertise and knowledge as well as dedication to social activism led them to develop many interesting and valuable projects. These range from planting trees in conjunction with a Japanese Club, raising money to improve women's health and well-being, for example, sponsoring access to cooling caps for women recovering from cancer. Other projects include a mobile cinema and a playground for children and a programme for addressing the role of art in recovering from trauma. SI Gdansk have also sponsored a girl from Kenya to study medicine in Poland to the cost of over £24 K. We were told that she has now completed her studies and will be contributing to the society as a medical doctor.

SI Gdansk remain very grateful for their support from the European Federation which has enabled them to deliver many valuable projects. The President stated that SI Gdansk have well defined goals which they monitor in order to ensure that they 'move human hearts'.

Like many other clubs they have been affected by the consequences of Covid-19 during which time other needs of women came to their attention, for example, providing support for women and young girls who need access to shelter; they also provided support and advice to parents whose children are diagnosed with early-onset diabetes. SI Gdansk remain supportive of orphanages and nurseries, they are sensitive to women needs in the context of domestic violence and they regularly review the needs of women in the city. SI Gdansk are also very proud of their international links and projects. One such project involves exchange visits between musicians in Gdansk and Be'er Sheva in Israel.

Maria, Monika, Joanna and Ela emphasised that they remain proud of their international connections, they have Friendship Links with other clubs in the UK, including Wales and England which they have previously visited; they are also linked with, and have visited Japan, Germany, Israel and Italy.

SI Gdansk women are from a range of backgrounds, representing experience and expertise in, for example, science, art, literature, medicine and economics and have contributed significantly in a relatively short time to the establishment of valuable projects which benefit individuals and communities, both in Poland and internationally. This is how dedicated energy and collaboration makes a difference. This work is truly valued.

Following SI Gdansk's presentation, SI Manchester shared their experiences, projects and aspirations many of which had been known to SI Gdansk via the SI Manchester Newsletter which they very much appreciate receiving. Rosemary Steven introduced SI Manchester Club and outlined the history of 96 years of Manchester Soroptimists, which included reference to the importance of the Suffragette Emily Pankhurst, whose life, work and legacy is remembered and celebrated in Hazel Reeve's statue in St Peter's Square in central Manchester, together with a summary of projects delivered and supported by Manchester Soroptimists. The meeting was lively and full of food for thought. Who knows, we may start "thought showering" sessions (as suggested by Malgorzata) in both clubs in the future.

What remains absolutely certain is that both clubs have many strengths, many creative ideas for actions that benefit our societies and emphasise the value and the importance of women working together for the common good.

This Zoom Social event presented a great opportunity to share, to learn and question and to reflect upon the value and the future of women who wish to make a difference.

We remain grateful to all participants who gave their time to a meeting without tea, coffee or a tipple and yet the atmosphere remained so lively. We appreciate the contribution that Sue Underwood made with organising our access to Zoom and we thank SI Gdansk President Maria Banaszak and the Club for sharing with us all the information.

Thank you Rosemary Steven and Maria Banaszak for leading us through the meeting. We hope we will be able to meet again and collaborate in the future. Thank you everyone for taking part, Gdansk and Manchester are now closer together.

Malgorzata Kmita

S I Gdansk recently celebrated 25 years as a Club. They posted a superb video on their Facebook page. Here is the link - it is best watched on a screen larger than a phone so that you can read the English subtitles!

<https://www.facebook.com/SoroptimistInternationalGdanskPoland/videos/355971216585272/>



I managed to grab these two snapshots of the Club Members and what S-O-R-O-P-T-I-M-I-S-T means to them

S *olidarity*
O *ptimism*
R *eason*
O *penminded*
P *artnership*
T *alent*
I *ntelligence*
M *entoring*
I *ntegration*
S *incerity*
T *olerance*



..... so what would your S-O-R-O-P-T-I-M-I-S-T words be?

Sue Underwood

Two New Members, recently transferred from other Clubs, introduce themselves:

Meet New Member Hilary Dodd

Thank you for your warm welcome to SI Manchester.

I helped to set up SI Northallerton in 2012 with a group of friends and a lot of guidance from two long standing members of SI Yorkshire. We were chartered in June 2014. Although only a small club of 15 members at the outset (now down to 10) we have been successful in fund raising and have supported local and national charities including Friends of Chernobyl's Children, MIND, Water Aid, IDAS (North Yorkshire based Independent Domestic Abuse Services) Macmillan Cancer Support and the local hospital in Northallerton. We arranged, for example, wine tastings with Majestic Wine, gin tasting at a local deli, herb growing for the kitchen, "pink evenings" for breast cancer in breast cancer awareness month. We supported the Race for Life by walking round York racecourse, all sporting pink tutus and wigs, running was optional!



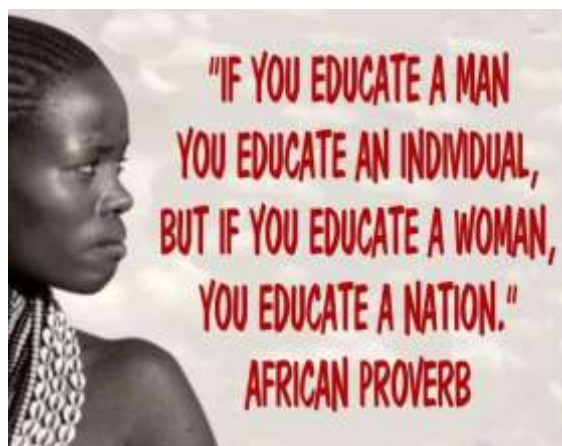
I was born and brought up in Rochester, Kent. Looking for a change of scenery, I completed teacher training in Ripon, North Yorkshire where I met my husband. My married life was spent in Northallerton, North Yorkshire where we bought up our two daughters and I gave up work. My temporary job (to bring in some money!) as a civil servant became permanent and my teaching career came to an end.

Sadly, my husband died in 2007. I was well supported by my family and many friends in Northallerton so my decision to move away last year after 44 years there was a big one, but I wanted to live nearer family. After University, my elder daughter had married and moved away to work in London. She has two children, Isla (11) and Finlay (8) and they now live near Kingston upon Thames. My younger daughter married and settled in Newcastle after University; she has one son, Ralph, aged 6. After maternity leave, she was made redundant but was offered a job in Manchester and they relocated to Altrincham in 2017. My decision to move to be nearer family was inevitably wholly motivated by finances – could I afford a property in Kingston upon Thames? No! - could I afford a property in Altrincham? Just about! I am currently living with my daughter and family, but I hope to move into my property in Altrincham at the end of May and continue to visit my family in the south as often as possible.

I have joined the local U3A group and I hope to resume Spanish lessons since my class in Northallerton folded. I have also joined their Local History group to learn more about the area. During the lockdowns I started researching my family tree and this is work on going. I also enjoy gardening, the theatre and cinema and – knitting!

I am looking forward to being part of SI Manchester and being involved in projects and activities as they come along.

Hilary Dodd



Meet New Member Carole Swarbrick

Whilst I know some members of Soroptimist International Manchester as a result of my 11 year Soroptimist journey I have been asked by President Sue to introduce myself.....so here goes.

Although I hail from County Durham I arrived in Bolton via Didsbury. Reflecting on my working life two parallel careers emerge. My association with many aspects of education include, before retirement, being in charge of a key stage 4 unit for students who had emotional and behavioural difficulties, being the first executive member for Childrens Services in Bolton and my current role as Vice Chair of governors at the Sixth Form College. Helping a friend deliver leaflets for the Liberal Democrats somehow resulted in my election to the council and 21 years later becoming Mayor of Bolton. On retirement from local politics I became an Honorary Alderman and was awarded an Honorary Doctorate from the university in recognition of service to the community and education.



Throughout I have been supported by my two sons (an Assistant Head in a special school and a partner in a law firm based in Dubai) since my husband departed this life at a relatively young age.

Thank you to fellow soroptimists for welcoming me to the club and I hope to make a meaningful contribution to the hugely important Programme Action.

Carole Swarbrick

The 'She Inspires Awards' (#SheInspires) celebrate inspiring women and their stories of leadership, achievement, courage and contribution.

Gulnaz Brennan, Founder

I was a member on one of the judging panels last year and watched with pride as I saw Carole, a fellow Soroptimist, receive two prestigious and well deserved awards.

Soroptimists of Bolton reported on their web page:

The 'She Inspires' awards have their origins in Bolton and we are proud to have our Past President Carole Swarbrick recognised for her leadership and achievements.

*She received a **Lifetime Achievement Award** as a Councillor and former Mayor of Bolton.*

*Her second award was for being **North West Woman of the Year 2021**. Carole's involvement in education meant she was Executive Member for Children's Services for several years; being North West Woman of the Year for 2021 speaks for itself.*



For the 2022 **She Inspires Awards** Carole is on the judging panel for **Women In Leadership**, a pleasant but challenging task – maybe we should sponsor you for each time you mention Soroptimists!

Sue Underwood

International Women's Day (IWD)

IWD provides an important moment to showcase commitment to women's equality, launch new initiatives and action, celebrate women's achievements, raise awareness, highlight gender parity gains and more. The day is celebrated and supported globally by industry, governments, educational institutions, community groups, professional associations, women's networks, charities and non-profit bodies, the media and more.

Walk For Women

Val, Soo and Elaine represented the club at the annual Walk for Women to celebrate International Women's Day.



We joined hundreds of people walking from Castlefield to Manchester Cathedral, with many people asking about what we are and what we do.

Was great to meet Val's grandsons and friend, who also took part.

Elaine Loader

Break the Bias

Imagine a gender equal world.
A world free of bias, stereotypes and discrimination.
A world that's diverse, equitable, and inclusive.
A world where difference is valued and celebrated.
Together we can forge women's equality.

Collectively we can all #BreakTheBias.

Celebrate women's achievement.
Raise awareness against bias.
Take action for equality.



Val's First 'Live' Day At Region

Programme Action

South Lancashire Soroptimists met in council at Leigh Sports Village. There were representatives from all of the clubs in the region

The morning was devoted to Programme Action and was mostly a workshop.

Regional Programme Action officer Sriya explained how vital our project work is to maintaining our UN Consultative status. But we can only do this if we complete the Programme Focus Report Forms (PFRF) to a high standard.

She had previously sent us files to download:

Criteria for Programme Action Awards

3 completed PFRF forms for 3 different projects

Information about the 17 UN Sustainable Development Goals (SDG) and the 5xPs (People, Prosperity, Planet, Peace, Partnerships)

In our groups we were asked to rank the 3 projects for how good they were. Then we were asked to identify the 5xPs within each project and which of the SDGs.

Sriya hoped that the exercise would improve the quality of our reports and that we could share what we had learned with our clubs. We can access the High Level Political Forum Report recognised by the UN in deciding which organisations to offer consultative status.

Sriya asked for members interested in taking part in monitoring how people suffering from domestic violence are dealt with by the courts. It would involve working in a team to answer questionnaires, liaising with the police and helping to identify improvements in the court service.

Members from SI Leigh described how they planned to work with Leigh Centurions at the Sports Village on March 7th (for International Women's Day) to raise awareness of IWD by handing out leaflets and offering selfie photos to the visiting team's supporters.

Many members in council wore purple and pearls for IWD

Sriya asked us to vote on whether we wanted another SIGBI project and the answer was 'No!' She offered some publicity material for use with modern day slavery activities. She said that the Nordic Model working against prostitution was being discussed.

It was very interesting taking part in the morning's activities and listening to the projects the region's clubs are involved with. But I particularly enjoyed getting to know and working with the members from the other clubs.



IWD 'Break the Bias'

Regional Council Meeting (RCM)

Clubs will receive the detailed minutes from this meeting.

The meeting was very efficiently run but was difficult for the members on Zoom to hear what was being said all the time. The plan is that following RCMs will be face to face and not hybrid, but this may change if circumstances demand.

A plea was sent out for members to offer to be the regional membership officer. It can be a shared role and the successful member does not have to have been membership officer for her club.

Concern was expressed that the Soroptimist magazine is not read by many members. It was suggested that it was easier to read the magazine by downloading it from the Soroptimist App.

It is hoped to resurrect the region's bowling competition.

It was good for me to be able to attend the RCM and learn more about the work being done in the region. It was nice to be able to recognise people and have them recognise me. It is good to be part of the South Lancashire Soroptimists

Valerie Jenkins

I also hear that Regional Secretary Margaret Emsley roped Val into doing the Register – an excellent way to get to know a few more names!

Sue Underwood

Soroptimist International of Manchester's 96th Charter Dinner

Our 96th Charter Dinner . A lovely evening of celebration. We had great speeches from our Regional President Dorcas Akeju and from Katie Fraser who spoke about WomenMATTa one of the charities we support .





Climate Change Conference “New Beginnings Sowing The Seeds Of Change”

The 19th February saw Cheshire, North Wales & Wirral region host their regional conference “New beginnings sowing the seeds of change” in Llandudno. Four club members attended, Rose, Olive, Sue H and myself and my guest attended the conference dinner. The conference was held in the St. Georges Hotel on the front which was a great venue with a nice big room for the conference & dinner and a separate room where a variety of clubs had set up displays for the regional PAC award.



The first Keynote speaker was Professor Gareth Wyn Jones, an Emeritus Professor at Bangor University. At over 80 years young he has spent many years educating people about the effects of climate change and lobbying governments to make brave policy changes in order to make a difference. He talked about the steady increase seen in world CO2 levels since the 1960's and the difficulty we face getting the message about climate change across to people; because it is a risk for the future and we are hard wired to make the best of where we are so thinking what the world might be like in 25 years is hard for most of us.

However, he did make a few points on what we can do to try to affect change:

- *Not taking long-haul flights and taking holidays more locally;*
- *Never heating unused rooms and not turning central heating to more than about 18°C;*
- *Switching off lights and equipment when not in use;*
- *Using energy efficient LED light bulbs;*
- *Move to a green provider of utilities;*
- *Driving energy-efficient cars and walking, cycling and taking public transport more;*
- *Installing solar panels;*
- *Insulating homes and workplaces*

The second speaker of the morning was Annie Merry from Faiths4change. This is a non-religious environmental charity working across Merseyside to raise awareness and work towards creating a sustainable world. She spoke about climate psychology and how we suffer from a collective paralysis and the kinds of things they are doing to get as many people involved in the work of their alliance, such as, climate cafes, carbon literacy training, and campaign to close tax havens among many other things.

She encouraged all attendees to reduce the consumption of meat, especially red meat, and to use **Ecosia** as a search engine as they plant trees on our behalf.

The final speaker for the day was the Welsh Conservative shadow minister for Climate Change, Janet Finch Saunders. Unfortunately she was given a bit of a hard time when she encouraged us to support local farmers by eating Welsh Lamb but I think that if we are going to eat meat then supporting local farmers, wherever we are, and buying from local farm shops instead of supermarkets is a good compromise.

The day finished with the regional PAC Award being presented to SI Rhyl and District for their Bees in the Community project which was inspired back in 2010, when Bill Turnbull addressed the SIGBI conference, (the year I was SI Manchester's president). Pre COVID the club would go into schools and run workshops teaching about the importance of bees and they have their own bee hives and all speakers were given pots of their honey.

The evening dinner was the usual fun and friendship and meeting new people from other regions is always great. The entertainment was a singer and pianist who were superb, followed by a raffle with some fantastic prizes.

I really enjoyed the conference and it reminded me of the fact that we are part of a much larger organisation that is doing some fantastic work both locally, nationally and internationally.

I would encourage everybody to attend our regional conference on the 14th May in Liverpool.

Sophie Kennedy



Sip & Swop Party! Fun, Food, Friendship & Ethical Fashion!



S I Manchester takes an unusual step towards saving the planet with an innovative Sip and Swop event, bringing Bond Street to the home of our social lead Alison.



An opportunity arose when a club friend kindly donated several new top brand clothing items (complete with swing tickets) to use as we liked to support charity funds. A relatively new member Alison Forster, who has accepted the Social and Event lead role, had the idea of organising a Sip and Swop day. Bring a “mistake” a purchase of ill fitting shoes, an outfit worn once to a wedding, or no longer fits and rather than wasting this resource swop with another club member. Any remaining items at the end of the day could be returned to the donor or with agreement donated to one of our charities.

Alison’s conservatory was transformed into an amazing Soroptimist boutique and on Saturday the 2nd of April an incredibly enjoyable event which resulted in not only raising £500 for charity funds but ensuring that many garments were recycled. The afternoon included an Easter raffle, a Fashion Quiz, too many tempting cakes and goodies and of course in addition to tea and coffee a considerable amount of fizz was consumed. Some remaining items are likely to find their way to new owners via Women MATTA

Thanks Alison for your tremendous effort and enthusiasm ensuring a successful and fun event.

Rosemary Steven

A great fun afternoon at the **Sip and Swop** event organised by Alison. There were so many lovely clothes both new or nearly new to be swapped or bought. All were donated by our members, friends and families.

Recycling clothes we don’t want or don’t suit is so good for the planet. The charities we support also will benefit from the £500 raised. Everyone there really enjoyed the afternoon. Thank you so much to Alison particularly and Rosemary who helped her set up everything.

Sophie is pictured looking very happy, wearing some of the things she bought, heading out for the evening that night.

President Rose



Cook-Along with Ali

Inspired by my new Jewish cookbook and 'Eat to Beat Climate Change' this month, I am merging the two and found this recipe (courtesy of Tori's Kitchen) for muffins that are baked for the Jewish festival of **Tu B'Shevat** celebrated 16-17th January this year. For the Tu B'Shevat Seder, 15 fruits and vegetables would be eaten.

These muffins incorporate the **seven species of the Torah** which are: wheat, barley, grapes, figs, pomegranates, olives, and dates. As such it is quite an elaborate list of ingredients and I'd recommend shopping at a wholefood shop and/or International supermarket for the majority of the items.



Ingredients

- 3/4 cup golden raisins
- 1/2 cup dried figs
- 1/2 cup dates
- 1 1/4 cups unsweetened almond milk
- 1/4 cup applesauce
- 1 tsp cinnamon
- 1/2 tsp allspice
- 2 large eggs
- 1/3 cup light olive oil
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 1/2 tsp vanilla extract
- 1 1/2 cups all-purpose flour (3/4 cup all-purpose + 3/4 cup whole wheat flour will work too)
- 1/2 cup barley flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3/4 cup pomegranate seeds
- 1/2 cup chopped walnuts

You will also need

- Non-stick cooking spray or paper muffin tin liners
- Blender or food processor
- Large mixing bowl
- Medium mixing bowl
- Standard muffin tin or fairy cake tin
- Ice cream scoop or small ladle
- Cooling rack

Method

Preheat oven to 200 or gas 6.

Roughly chopped the figs and dates (discard any stems)

Blend these with the almond milk, applesauce, cinnamon and all spice. This needs to be smooth like a smoothie consistency.

In a separate bowl whisk the eggs (or substitute), sugar, brown sugar, olive oil and vanilla extract.

Into this bowl, sieve the two types of flower, baking soda, baking powder and salt.

Mix well with a spoon.

Add the wet mixture, half first and combine. Add a little at a time until you get a nice muffin/cake batter.

Add the raisins, walnuts and pomegranate jewels. Stir well and add a little more wet mixture if needed.

Pour into a greased cake tin or cupcake liners.

Reduce oven to 180 or gas 5. Bake for 20mins then check with a knife. If the knife comes out wet, bake for a few extra minutes.

Optional: Serve with some sprinkled sugar, cinnamon, a walnut or pomegranate jewels.

Ali Hanbury



Eat To Beet Climate Change

We had two great events in January to celebrate vegan/vegetarian January, hopefully to continue through the year or as we call it **Eat to Beet Climate Change**.

First a cook-along led by Ali. Some of us made delicious muffins normally baked for the festival of TuB'Shevat which is in January. Then on Saturday Rosemary hosted a tasting menu of Vegan/Vegetarian food - starters mains and desserts, everyone bringing something for us to try. It was a lovely evening and great to be together. Thanks to Rosemary for hosting it.

President Rose

Eat To Beet Climate Change Party

Last year under the direction of our Program Action Officer Barbara, the club undertook a complete review of our involvement and progress with our activities and agenda across a broad spectrum of Programme Action initiatives. We established two sub groups People and Prosperity (led by Sophie) and Planet (led by Carina) which has resulted in a fresh focus, evaluation and new priorities as we move forward.

The Planet group encouraged members to embrace a change in food choices to positively effect climate change. Several signed up to undertake a Veggie / Vegan month. A social function at the end of January was planned and ten members pledged to contribute menu dishes ensuring that we could all experience a wide variety new to our tastebuds. We commenced with a "taste of Greece", several traditional meze including hummus, tzatziki fava and ska Dalia this was followed by a wide range of main courses including vegan curry, vegetarian chilli, vegan jambalaya and both vegan and vegetarian sausage rolls. Deserts included vegan choc pots, fruit tart and a delicious fruit salad accompanied by a vegan cream.



Recipes were exchanged amidst a true Soroptimist spirit of fun and friendship culminating in a fund raising raffle.

It was also educational and an eye opening experience to the many culinary delights of a greener food experience.

Rosemary Steven

Val's Vegetarian Sausage Rolls

Ingredients:

- 1 small onion finely chopped
- 225g mushrooms finely chopped
- 50g walnuts finely chopped
- 1 tbsp oil
- 50g wholemeal breadcrumbs
- 1 egg lightly beaten
- 2 tbsp chopped parsley
- 450g frozen puff pastry thawed
- Beaten egg to glaze

Method:

1. Cook onion, mushrooms and walnuts in oil over a low heat for 5 mins until soft.
2. Transfer to a bowl and mix in breadcrumbs, egg, parsley and seasoning. Cool.
3. Roll out pastry to a rectangle 30x40cm. Cut into 2 strips 15x40cm.
4. Put mixture in a strip down the middle of each piece of pastry.
5. Brush edges with egg/milk, fold pastry over, seal well and cut into 1 inch pieces.
6. Brush with egg/milk, slit the tops and cook 20 minutes at 220C or fan oven 210C until golden brown.

Enjoy!

Val Jenkins



Pat - Val - Alison - Malgorzata - Lynne

SIMply Green Corner

Just Two Minutes:

For my birthday, my daughter bought me this brilliant book. It's a quick, but interesting read with lots of ideas and simple solutions on.... well the cover says it all really.

As the author, Martin Dorey says:

"Why two minutes is the key".

Two minutes is short-hand for "no time at all"; a perfect chunk of time that's no hassle.

It's nothing to take 2 minutes out of your day to do something positive.

Making the decision to do something is made easy because it's not bother.

It's time you can spare.

It's only once you add up all the 2 minutes together that you get to an hour, a day, a week.

Before long you've achieved something without making a fuss at all.

Two minutes isn't too much for your lazy days and won't get in the way of your life.

It lets you know when it's OK to stop and when it's OK to stop feeling guilty about doing more.

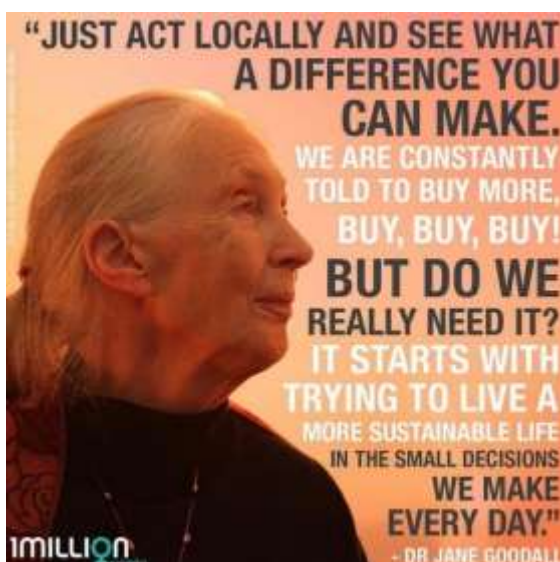
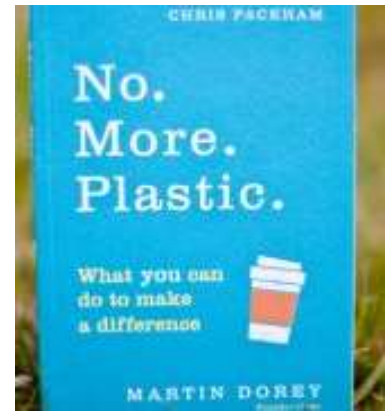
That's the key. All you have to do is take the first step"

I'm happy to lend you my copy of the book, but here is one of the tips in the meantime.

Think about switching from bottled hand-wash or shower gel to blocks of soap.

I wouldn't be saying this to my mum - you can break a tooth on the lime-scale in the water in Stafford. But Manchester has lovely soft water that lathers up a treat. So that it's even handier and lathier (is that a word!), I use one these bags to hang it up in the shower.

Elaine Loader



FACTS OF THE DAY CUCUMBERS!



Cucumbers... I didn't know this... and to think all these years I've only been making salads with the cucumbers...

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finished a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems.

Act4Africa - Making good Use of 'Our' Tents! – We donated £400

Adolescent Mother's Programme – 105 young mothers have completed their year of training and a further 120 are embarking on the programme

With the funding from UKAID, Act4Africa brings vulnerable adolescent mothers together in rural Uganda to form tight peer groups & receive mental well-being support and training on gender equality, sexual, reproductive & maternal health & sustainable livelihoods. Act4Africa seeks to unlock the potential of these young women through extensive training and mentoring during this one-year program.

The first cohort of 105 young mothers have successfully completed a year of training on gender equality, sexual, reproductive and maternal health as well as vocational training. They had a great send off with a party!!

The day was full of excitement, faces covered with smiles immersed with tears of joy during the pass out ceremony of the 105 young mothers after successfully completing a one-year training on vocational skills in tailoring, hairdressing, catering etc. Congratulations! It's time to celebrate all the hard work and dedication, best wishes as you explore skills learnt to prosper and become self-reliant.



Recently Act4Africa were pleased to welcome a further 120 young mothers as the second batch of participants and beneficiaries in the adolescent mothers' program.....We can't wait to go through the journey of empowering these girls to take control of their lives and have hope for a better future!!



Can you spot one of your hats?

It started with a simple request. Knitted caps for tribal children our forest hill Dongria Kondh villages. Sometimes the sincere words 'Thank you' cannot express the depth of the importance. The winters are bitterly cold with first in mornings. The caps have not just kept head/ears warm BUT - The pictures talk for themselves - BUT we have seen less 'ear infections' because children had for generation been rolling up 'wild' cotton and putting in their ears - and forgetting to take it out for days and days!!!. A change of health too. We are so grateful to - no names - what an incredible knitting success. Greatly appreciated – **Eliazar**



International Women's Day



Eliazar's wife Ruth posted on Facebook:
Women across New Hope Projects will light a candle - Teachers, Tribal Women Health Workers, senior girls, aged women in leprosy colonies - as all are aware of the plight of so many women of all ages and their children in the terrible war situation in Ukraine.

(The candle stand came to us many years ago for a Women's Day celebration from the Late Janet Formby who was an

early Treasurer of New Hope in Australia)

Women's Development at all levels of rights and education and representation will make an ongoing better world - whether politically or by community action at the 'green' level - and ensuring lowering infant mortality Rates and Women's morbidity.

Ruth - New Hope India.



Our Sponsorship of Renuka is acknowledged in the recent Newsletter
We are financing Renuka's two year nursing course (£600):

In the midst of all that we have struggled to ensure senior girls were cared for in skill training The senior girl in the photo has a Grant to cover a major part of her Auxiliary Midwife Nursing course - Thank you Soroptimist - Manchester

A Flashback to 5 Years Ago - The Photoshoot! (24th January 2017)

As part of the 'Growth Plan' it was decided that we needed an eye-catching poster to promote our Club. Susan discussed what we required with son Neil who knows about these things and he agreed to help us with a Photoshoot. Those of us who were 'up for it' (!!!) turned up in anything in Soroptimist colours that we could muster. Neil, a gentle soul, then did his best to get us into position....Neil tried us in various poses, with us offering our opinion of course!



You will have to wait and see the final result, including Rose coming out from behind the camera!

But, in the meantime, I offer the interview that Neil may have given.....

Me: Neil, it is very generous of you to give up your evening to help us with this project.

Neil: My mother can be very persuasive!

Me: How would describe the experience?

Neil: Very similar to the concept of 'herding kittens'

Me: How so?

Neil: Well in theory it should be possible, but you soon realise that you are not in control!

Imagine telling your Mother and several of her strong minded friends what to do.....

Me: No way!

Neil:allows himself a smug look of triumph!

Me: This was our 'Calendar Girls' moment.....

Neil:with a note of panic in his voice Mum only mentioned a poster.....

Me: Yes of course! What I meant was, this is out of our comfort zone.....

Neil: and mine! I'm used to photographing inanimate objects!fully clothed inanimate objects!

Me: Were we so difficult to manage?

Neil:realises that any answer here would be a mistake, so just smiles ...

Me: Many thanks Neil, we truly could not have done it without you!

Neil: You are very welcome, but now I need to lay down in a darkened room for a while.....

Sue Underwood

....& here are the Posters!

Two questions:

Who is ready and game for an updated edition?

&

Is 5 years long enough for Neil to recover?!?



Our AGM and Change Of Insignia

At our AGM our outgoing President Rose Marginson presented Our New President Sue Underwood with her 30 year service award for her long service to Soroptimist Manchester.

This was followed by presentation of the Presidential chain to President



Sue.

Wishing President Sue a great year.

**Immediate Past President
Rose**



IPP Rose, on behalf of all the Manchester Soroptimists, many thanks for all of your hard work and enthusiasm during your 18 months in office. You have led and guided us through these challenging times (even though you don't like Zoom!) a tough act to follow.

President Sue

It was wonderful to see Kathleen Beavis, our Honary Lifetime Member, at the AGM (thanks to son Mike making a long detour for his favourite curry Harlech to Anglesey to Manchester & return!)

Kathleen declared that she is sound of heart and head and manages to be an active member of SI Anglesey as well as Manchester!

Kathleen, friend and mentor, your being there made my evening X

President Sue



30 Years – Really?!?

Back in 2014, just before becoming President for the third time, I was encouraged to review my Soroptimism when a friend asked if she could interview me about it for her journalism assignment. Here are some of the questions and my responses:

'When' and 'Why' did you first get involved?

It was in the early 1990's. I was invited to the Charter Dinner by the friend who had first recruited me into the motor trade (Angela Fidler for those who remember her!) and then asked if I would be interested in joining, seeing as the Club would welcome some 'young blood'..... Having just turned 40, that was the 'clincher'!

Why?

Initially, it was a chance to meet people in a new town and for something not work related.....then came the satisfaction in contributing to the work of the Club.....now, there is still 'friendship and fun' but also the opportunity to 'give a bit back'!

How have you seen SI evolve over the last 10 years?

We've embraced technology – or tackled it! BUT we must be cautious not to disenfranchise members without email and take care with social media. We need to embrace change – but not all new ideas are good and not all old ideas are bad!

You will be president next year - what's on your agenda for the Club?

It will be Manchester's 90th year! We will be celebrating our history (daughter and granddaughter clubs) our legacy (looking at projects over 90 years) as well as our future (new members are always required!)

??? How would you answer these questions ???

President IV

It is an honour and my privilege to attempt the role of President for the fourth time. I hope I can improve on previous performances!

Let's celebrate our Soroptimism!

Our history, our legacy and our achievements

Share our 'That's why I'm a Soroptimist' moments and laugh at our 'Remind me why I'm a Soroptimist' times ... then look to the future in the spirit of the 3 F's, 'Food, Fun and Friendship!

As your President I appreciate that I am totally reliant on the Executive and every member of our Club, but we also have friends and 'Soroptimisters' who support us. Who knows how things will turn out?

But, Members of SI Manchester, let us strive to enjoy our Soroptimism; we're an awesome band of women!

President Sue

Dates for Your Diary

Tuesday 3 rd May	6.30 for 7pm	Club Meeting – Speaker Gemma Lane from Greenpeace
Friday 13 th May		Monton Heritage Walk – details from Alison
Saturday 14 th May	All Day	South Lancashire Regional Conference - Liverpool
Tuesday 17 th May	7pm	Executive Meeting at Pat's home
Saturday 21 st May	Afternoon	Run Age UK Tombola at Salford Quays event
Sunday 22 nd May	Morning	Car Boot Sale
Tuesday 7 th June	6.30 for 7pm	Club Meeting – Speaker from City of Sanctuary
Thursday 9 th June	7pm	Programme Action – 'People & Prosperity' & 'Planet'
Saturday 18 th June	10 for 10.30am	Region Programme Action & Council Meeting.
Tuesday 21 st June	7pm	Executive Meeting
Tuesday 5 th July	6.30 for 7pm	Club Meeting
Tuesday 19 th July	7pm	Executive Meeting

Further Social events are being planned – See <https://sigbi.org/manchester/diary-and-events/> - Watch for emails giving details

Copy for the Summer edition of the Newsletter by **Sunday 10th July**, please.

Personal anecdotes always welcome

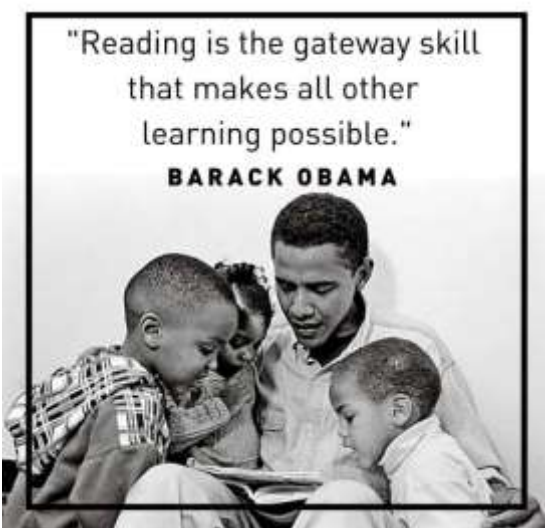
Tell your story! ... Your 'journey' to Manchester ... Your life in 2022 v 2019

Share your **S-O-R-O-P-T-I-M-I-S-T** words

Send your 'Guess the Member' info ... Newer Members please introduce yourselves!

Anything else you would like to share?

Sue Underwood suehome@sky.com



Last Words from Men, a Woman and a Dog, who could/should have been Soroptimists!



"We are all a little broken. But last time I checked, broken crayons still color the same."
-Trent Sheldon

